

winter 2007

2	Special Events
3-7	Community Centers
8-29	Winter Recreational Classes
8-14	Preschool / Kids
14-18	Performing Arts / Dance
18-23	Creative Classes
23-29	Fitness
30	After School Programs
31	Adult Sports
32	Youth Sports
33	Therapeutic Recreation
34	Aquatic Programs
35	Senior Services
36	Chula Vista Public Library Programs
37	South Bay Family YMCA
38	Boys & Girls Club of Chula Vista
39	City Parks Map
40	City Parks Matrix
41	Class Registration Form
42	Registration Information

Disclaimer

The City of Chula Vista has made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice for reasons related to student enrollment, teacher and location availability, or any other reason at the discretion of the administration.



Recreation Department Inclusion Philosophy

The city of Chula Vista is dedicated to serving the needs of everyone in the community through inclusion programming. Persons with special needs are encouraged to participate in programs. For assistance, please call

Recreation Supervisor, Carmel Wilson, CTRS at (619) 409-5800. A two-week advanced notice is required.

Outside Performances

Many of the Department's recreational class instructors provide additional opportunities to perform at outside programs and special events. These performances and appearances are considered separate from the Recreation Department classes and programs. The Department has no involvement with the performance selection, scheduling, transportation, instructor oversight or liability in connection with these outside performances. Please direct all questions or concerns to the instructor.

The Chula Vista Elementary School District neither sponsors nor endorses this information, activity, or organization. Distribution of this material is provided by the District as a community service. Any questions or comments should be directed to the sponsoring agency.

City Council

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Steve Castaneda

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Vice Chair

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Larry Perondi

Yolanda Ramos

Elizabeth Scott

Chris Searles

Director of Recreation

Buck Martin

Assistant Director of Recreation

Shauna Stokes

Special Events

holiday festival

December 2
2:30 - 5:00 pm

The entire community is invited to kick off the holiday season with the City's Holiday Festival in Memorial Park. The festival will provide fun for the whole family and feature a wide variety of children's holiday crafts, activities and games along with live holiday performances, pictures with Santa and more! All activities are free of charge and sponsored by the City of Chula Vista Recreation Department. For more information, call (619) 585-5682.

starlight parade

December 2
6:00 pm

Watch the Mayor's holiday tree lighting ceremony at 5:30 p.m. and enjoy one of the largest holiday parades in the county immediately following. Join the fun along Third Ave. as marching bands, festive floats, and carolers spread holiday cheer. For more information, please call the Third Avenue Village Association at (619) 422-1982.

north pole calling

December 11 - 13
6:00 - 8:00 pm

Chula Vista youngsters can receive a special holiday telephone call from the North Pole! Kids in kindergarten, first, and second grades can receive the free calls, on December 11-13 from 6-8 pm. Call registration forms will be distributed through local elementary schools and all Recreation facilities, or they may be downloaded from the City's website. Application for calls must be postmarked no later than December 6.

christmas circle

December 9 - 26
5:00 - 10:00 pm

A long-standing holiday tradition – Christmas Circle – celebrates its 49th year in Chula Vista. Walk or drive through this spectacular display of sparkling lights and festive decorations. The Circle is open to the public and is located on Whitney and Mankato between First and Second Avenues, south of H Street.

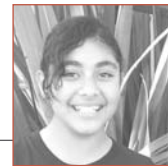
home 4 the holidays

December 2
6:00 pm

Bring home the pitter-patter of paws this holiday season and adopt a pet from the Chula Vista Animal Care Facility. Animals adopted through January 3, 2007 will go home with a Home 4 the Holidays adoption kit with pet food samples, coupons and important information on training, socialization and more. Don't wait...a furry friend is waiting for a home just like yours this holiday season! Visit the Chula Vista Animal Care Facility at 130 Beyer Way - open Monday through Friday from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 4 p.m. For more information, contact Isabel Bermudez at (619) 476-2491.

For more information about events taking place in Chula Vista throughout the year, please call the City's special events hotline at (619) 585-5682, or visit the "Calendar" page on the City's Web site at www.chulavistaca.gov.

Recreation Department



Mission Statement

We enrich our community through recreational opportunities and services.

Vision Statement

Our vision is a community that achieves learning, self-discovery, balance, and essential life skills through recreation.

Our Values

- Integrity
- Respect
- Professionalism
- Accountability
- Commitment
- Teamwork
- Fun

Code of Conduct

The benefits of Recreation programs are numerous - enhancing health and building strong families and healthy communities. To insure the quality of programs and public safety, we require all participants, staff, parents, spectators, coaches, and volunteers, to abide by this Code of Conduct:

- All persons shall act with respect towards other persons, respect their privacy and personal safety.
- Physical or verbal abuse of any kind will not be tolerated.
- All persons shall treat public and private property and equipment with respect.
- Facility rules and regulations shall be observed at all times.

Any City representative responsible for officiating, supervising or otherwise operating a recreation program shall have authority to enforce the terms of this Code, as authorized by the Director of Recreation. Failure of any person to abide by this Code of Conduct will result in disciplinary action, including but not limited to: 1) removal from the program area and/or facility, 2) restriction on program participation, 3) suspension or expulsion from the current program, and/or future programs, and/or from the facility, and 4) liability for any damages to property incurred. Minors, under the age of 18, are required to have a parent or legal guardian sign the registration form.

No refund of fees shall be given for any suspension or expulsion from a program for violating the Code of Conduct. The Director of Recreation shall review any expulsion or suspension longer than three days.

Rentals

Interested in renting a center, gymnasium, or meeting room for a private party or function? Facility rentals are available at reasonable rates. Call your center of choice for available times and details.

recreation center hours

All Recreation Centers will be closed on different dates during the holidays. Please call your local center for closure dates.

Community Youth Center

465 L Street (619) 691-5276

Jimmy Tollefson, Recreation Supervisor II
Eddie Johnson, Recreation Supervisor I
Monday - Thursday 3:00 - 8:30 pm
Friday 3:00 - 7:00 pm
Saturday and Sunday 12:00 - 4:00 pm
Center closed Dec 23 - Jan 2

Heritage Park Community Center

1381 East Palomar St. (619) 421-7032

Lisa Petty
Recreation Supervisor II (Acting)
Monday - Thursday 2:00 - 8:00 pm
Friday 2:00 - 7:30 pm
Saturday 12:00 - 4:00 pm
Sunday Closed

Loma Verde Center

1420 Loma Lane (619) 691-5082

Sandy Chavez, Recreation Supervisor III
Joseph Mariano, Recreation Supervisor I
Monday - Thursday 2:30 - 8:30 pm
Friday 1:00 - 7:00 pm
Saturday 12:00 - 4:00 pm
Sunday Closed

Monteville Park and Recreation Center

840 Duncan Ranch Road (619) 691-5269

Shaun Ellis, Recreation Supervisor III
Shannon Bullock, Recreation Supervisor I
Monday - Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 5:00 pm
Sunday 12:00 - 5:00 pm
Hours will be adjusted Dec 18-Jan 1.
Call center for more info.

Norman Park Center

270 F Street (619) 691-5086

Karen Harvell, Recreation Supervisor III
Kathy Wigginton, Recreation Supervisor II
Mon, Tues, Wed, Fri 8:00 am - 10:00 pm
Thursday 8:00 am - 9:30 pm
Saturday Closed
Sunday 1:00 - 5:00 pm

Otay Recreation Center

3554 Main Street (619) 476-5325

Michelle Castagnola,
Recreation Supervisor II
Berenice Mora, Recreation Supervisor I
Monday - Thursday 2:00 - 9:45 pm
Friday 1:00 - 7:45 pm
Saturday 7:30 am - 3:45 pm
Sunday 12:00 - 3:45 pm

Parkway Community Center

373 Park Way (619) 691-5083

Frank Carson, Recreation Supervisor III
Carmel Wilson, Recreation Supervisor II
Monday - Thursday 2:30 - 8:30 pm
Friday 2:30 - 7:00 pm
Saturday - Sunday 12:00 - 4:00 pm

Parkway Gymnasium

385 Park Way (619) 691-5084

James Northum, Recreation Supervisor II
Monday - Friday 2:00 - 9:45 pm
Saturday Closed
Sunday 12:00 - 4:45 pm

Salt Creek Park and Recreation Center

2710 Otay Lakes Road (619) 585-5739

Steve Scott, Recreation Supervisor III
Heidi Sorour, Recreation Supervisor I
Center and Gym
Monday - Friday 2:00 pm - 10:00 pm
Saturday 8:00 am - 10:00 pm
Sunday 12:00 - 5:00 pm

Fitness Center
Monday - Saturday 8:00 am - 10:00 pm
Sunday 12:00 - 5:00 pm

Veterans Park and Recreation Center

785 East Palomar St. (619) 691-5260

Tony Ramos
Recreation Supervisor III (Acting)
Joanne Stout, Recreation Supervisor I
Monday - Friday 9:00 am - 12:00 pm
2:00 - 10:00 pm
Saturday 12:00 - 5:00 pm
Sunday 12:00 - 4:00 pm



Fun To Be Fit Programs

Look for the oval symbol next to the activities of the brochure for Fun To Be Fit programs for all ages! These programs will be free or of minimal cost. Prizes and T-shirts will be awarded. Join with family and friends to "Get Fit with Chula Vista Recreation!"

Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness.

check out the yc

Feelin' Good Mileage Club

Come and join this weekly fitness activity at the Community Youth Center. We will use the Chula Vista High School track. Prizes will be given when certain goals are met. Pre-registration required. **Free**

#9330.181 Mon - Fri 3:00 - 6:00 pm

Sports Clinic

The Community Youth Center will be offering free weekly sports clinics on Wednesdays this winter. A new sport clinic will be introduced each week. Pre-registration is required. **Free**

#9330.183 Wed 5:15 - 6:00 pm

Holiday Hoops

Come compete in our holiday hoops special. Your shooting will be put to the test. Horse and Around the World are the name of the game. Pre-registration is required. **Free**

Ages: 7-17
#9330.489 Dec 15 3:30 - 5:30 pm

Video Football Challenge

Hey gamers come out and play! Pre-registration is required. **Free**

Ages: 8-15
#9330.185 Jan 19 3:30 - 5:30 pm

Fearless Friday

Come compete in a variety of (safe) stunts and silly competitions that will show if fear is a factor for you! Pre-registration is required. **Free**

Ages: 5-13
#9330.187 Feb 16 3:30 - 5:30 pm

Hotshot Competition

Come compete for the chance to be named "Hotshot" champion. Each court will have a special challenge. Pre-registration required. **Free**

Ages: 8-17
#9330.189 Mar 16 3:30 - 5:30 pm

happenings at heritage

100 Miles at Heritage

Looking for a way to get exercise in a scenic and friendly environment? Sign up for 100-Miles at Heritage. Participants will have ten weeks to walk or run 100 miles around the Heritage Park walking trails. Upon completion, participants will receive a, "I Walked 100 miles at Heritage Park" T-shirt. **Free**

Catch Recreation in Your Parks

Looking for fun and healthy activities in your own backyard? It's time to enjoy your parks. In the Hearts-N-Parks program, we will engage in a variety of FUN activities for all ages. **Free**

Ages: 6 and over
Mon - Thu 4:00 - 6:00 pm

Heritage Ceramic Cafe Nights

Glaze the pieces you want. We fire it. The fee includes 2 pieces.

Fee: \$10.00 a night
Ages: 7 and over
Jan 23, Feb 20, Mar 20 6:00 - 7:45 pm

Valentine's Day Celebration

Come celebrate Valentine's Day. Make a gift for that special someone. We will have a variety of arts & crafts, games, and more. **Free**

Feb 9 1:30 - 3:30 pm

St. Patrick's Day Celebration

Come celebrate St. Patrick's Day! We will have a variety of St. Patrick's Day themes arts & crafts, games and more. **Free**

Ages: 5-12
Mar 16 1:30 - 3:30 pm

Heritage Spring Camp

Enjoy arts, crafts, games, field trips, and more. Space is limited. Morning extended care is available from 7:30 - 8:30 am for an additional \$10 per week.

Fee: Range from \$100 - \$130 per week
Ages: 6-12

March 26 - April 13 8:30 am - 4:30 pm

loma verde rocks

Loma Verde Creative Corner

This program is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of craft projects is located at the center. **Free**

Ages: 5-14
Tues 3:00 - 4:00 pm

Loma Verde Sports Club

This program includes instruction on the fundamentals of floor hockey, soccer, baseball, basketball, and flag football. Teamwork and good sportsmanship will be stressed. There will also be swim days and BBQ's.

Ages: 6-14
Thurs 2:30 - 4:00 pm

Phat Fridays

This program offers a variety of special activities including popcorn and a movie, building your own sundae, root beer float day, bingo, and dances. For more information on activities check our calendar at the Center or our web site:

www.chulavistaca.gov/rec
Fri 2:30 - 4:00 pm

Parents Night Out

Parents can drop off their kids for an evening out. Activities will include dinner, crafts, a movie, and games.

Fee: \$10.00 per child
Ages: 5 and over
#9155.424 Dec 8 6:00 - 10:00 pm
#9155.121 Feb 6 6:00 - 10:00 pm
#9155.122 Mar 23 6:00 - 10:00 pm
#9155.123 Apr 27 6:00 - 10:00 pm

Community Centers



Santa's Workshop

Make a gift or ornament for 50 cents per project. Community volunteers will help children with their projects.

Ages: All

Dec 8 2:00 - 4:30 pm

Ceramics Make and Take

Children will have an opportunity to paint a ceramic item for the holidays. Cost is \$10 which includes project and paint.

Ages: 6 and over

Dec 9 9:00 am - 12:00 pm

Santa is coming to Loma Verde Center

Come give Santa your last minute list. Free candy canes for everyone. Parents don't forget your cameras!

Dec 15 2:30 - 4:00 pm

Winter Dance

For 5th & 6th graders. Dance contest, raffles and much more. Cover charge \$1

Dec 15 3:00 - 5:00 pm

Super Bowl Thursday

Punting, Passing, and kicking contest. Hot dogs, games and prizes. All ages are welcome.

Feb 1 2:30 - 4:30 pm

Valentine's Day Dance

For 5th & 6th graders. Dance contest, raffles and much more. Cover charge \$1.

Feb 9 3:00 - 5:00 pm

Club LV Teen Dance – Valentine's Dance

A live DJ will play the best Hip-Hop, Top 40, and Slow Jams. Activities include raffles, and much more. Cover charge: \$3 per person. For more information call 691-5082.

Ages: Middle and High School Students

Feb 9 8:00 - 11:00 pm

Mardi Gras Party

Come celebrate "Fat Tuesday" with games, crafts, and prizes.

Feb 20 2:30 - 4:00 pm

on the move at montevelle

Kite Flying and Pancake Breakfast

Bring your family and friends and head on over to the 1st annual Pancake Breakfast and Kite Flying Day. You will begin your morning eating pancakes, and then designing and making your own kite. After the kites are made we will be flying them in the grass field at the recreation center. We will have a kite contest for children during our event. All children under 5 must be accompanied by an adult. Call Montevelle Recreation Center for more info (619) 691-5269.

Fee: \$5 per person includes pancakes & kite

Ages: All ages

#9044.151 March 3 10:00 am - 2:00 pm

Family Movie Night

Come join us for our free family movie night in the gym. We will be showing a G- or PG-rated movie on our huge white wall. Bring a blanket, chairs and whatever you need to make for a comfortable evening. Snacks will be available for sale during the event. **Free**

March 23 6:30 - 8:30 pm

Born to Read

Join the City of Chula Vista Public Library at the Montevelle Recreation Center for fun and educational storytimes! Enjoy songs, games, and programs for babies and toddlers. Storytimes are free and on a first-come basis, no registration required. **Free**

Tues 10:00 am

Holiday Happenings

Each day of the week staff will put on free activities. Activities will include arts & crafts, sports, and other holiday related activities. Pre-registration required. **Free**

Ages: 6-12

#9044.153 Dec 18-22 12:00 - 2:00 pm

Kids Fitness Club

Students will learn the basics of a variety of fitness activities by participating in games and friendly competition. Instructors will promote a healthy lifestyle through fun, knowledge, and exercise. Class begins September 28 and continues for 10 weeks. Registration required.

Free

Ages: 8-14

Class begins Jan 18

#4200.150

Thurs 4:00 - 5:00 pm

Having A Ball

Montevelle staff will conduct a sports program in the gymnasium. A variety of sports will be played – from indoor soccer to dodge ball. Staff will stress participation, good sportsmanship, and of course fun. **Free**

Ages: 6-14

Tues, Thurs 3:30 - 4:30 pm

Parents' Night Out

Parents can have a night out while the kids participate in a variety of themed activities. These events include dinner, crafts, movies, and games. Children must be dropped off and picked up from the event.

Fee: \$10.00 per child

Ages: 5-14

Winter Fun

#9900.453

Dec 15 6:00 - 10:00 pm

The Big Game Football Party

#9900.151

Jan 26 6:00 - 10:00 pm

KidsFest

#9900.152

Feb 23 6:00 - 10:00 pm

Valentine Crafts

Your child can make Valentine's crafts for family members and friends. Your child can pick from a variety of crafts to make during this 2 hour art day. Stay the whole 2 hours or drop in when you want, any child under 5 years old must be accompanied by an adult. Your child will be able to make 2 projects of their choice with the fee.

Fee: \$2 per child

Ages: 2-8

#9022.152

Feb 12 2:00 - 4:00 pm



Team-up For Fun

Park staff will run an organized activity in the park. Activities include flag football, blooper ball, capture the flag, and soccer. Staff will stress participation, good sportsmanship, and of course fun. **Free**

Ages: 6-14

Wed 3:30 - 5:00 pm

Valentine Middle School Dance

Come enjoy our first Valentine's Dance. We will have plenty of food and drinks and will be giving out prizes throughout the night for a variety of activities. Come dressed to impress. This is a can't miss party.

Fee: \$5

Ages: Grades 6-8 (School ID Required)

Feb 16 6:00 - 10:00 pm

otay's out of sight!

Hip To Be Fit

Kids will enjoy this dance exercise class, which will include stretching and popular dance moves. They will have so much fun dancing they won't even realize they are getting into shape. This is a FREE activity so come see us every Friday. Registration is required.

Free

Ages: 6-12

#4620.144 Fri 3:00 - 4:00 pm

Bringing Back Family Fun

Spend quality time with your child while enjoying hot cocoa, warm milk, cookies and making a special project together. We will also have board games, story time and arts & crafts. Have family night at the rec! **Free**

Ages: All

Jan 19 6:00 - 7:00 pm

Cupid's Valentine

We will have everything you need to make a special card for your Valentine or a special arts & craft project. Don't forget to get your mom, dad, brother, sister or family a valentine. **Free**

Ages: All

Feb 9 1:30 - 2:30 pm

St. Patty's Carnival

Come show your spirit and compete in our Best Dressed in Green contest. Join us for games, crafts and prizes.

Ages: 5-12

March 16 1:30 - 3:00 pm

Wiz Kids

As part of the Chula Vista Recreation Department Drug Prevention and Gang Diversion Program, these informative activities are designed to increase drug awareness, build self esteem, and enhance refusal skills. Only available for elementary students. Registration is required. **Free**

Mon - Thur 2:00 - 4:30 pm
Fri 1:00 - 4:30 pm

parkway presents

Hip To Be Fit

This program offers cardiovascular exercise, performing dance routines, and other fun aspects of fitness. Prizes will be given out for this eight-week program. Call (619) 691-5083 for more information. **Free**

Ages: 5-12

#9055.165 Wed 4:30 - 5:30 pm
Jan 17 - March 7

Holiday Day Camp

Enjoy games, arts & crafts, movies, field trips and more during our camp. Morning and evening extended care is available for an additional cost. Students will need to bring approximately \$6 in cash for camp week 2. Please visit Parkway Community Center or call 691 - 5083 for more information.

Ages: 6-14

Camp Week 1 Dec 18 - 22

Fee: \$130 Resident
\$163 Non-Resident

#9050.161 Mon-Fri 9:00 am - 4:00 pm

Camp Week 2 Dec 26 - 29

Fee: \$100 Resident
\$125 Non-Resident

#9050.163 Tues-Fri 9:00 am - 4:00 pm

Family Movie Night

Bring the family, dinner, and snacks! Join us for a G- or PG-rated movie at Memorial Bowl. A fun family night out! Call 691-5083 for more information.

Free

Memorial Bowl

Jan 20 6:30 - 8:30 pm

Kung Fu Fit

We encompass physical fitness with martial arts/self-defense. Prizes will be given out for this eight-week program. Please visit Parkway Community Center or call 691-5083 for more information.

Free

Ages: 6-14

Parkway

#9055.168 Mon 4:30 - 5:30 pm
Jan 22 - March 12

Amazing Science Friday

This is a great activity for young people that like to mess around with science experiments. We will be experimenting with projects such as Sublime Stone, Bubble Trouble, and Bendy Bones.

Ages: 6-12

Fee: \$10 Resident
\$13 Non-Resident

#9066.162 March 10 4:00 - 7:00 pm

Big Game! Parent's Day Out!

Get ready for the Big Game! While parents have a day out. Activities include football oriented games and crafts. Please visit Parkway Community Center or call 691-5083 for more information. Extended hours include dinner, drinks and games.

Ages: 5-15

Fee: \$10 Resident
\$13 Non-Resident

#9066.163 Feb 3 12:00 - 4:00 pm

Extended Hours

Fee: \$7 Resident
\$9 Non-Resident

#9066.164 Feb 3 4:00 - 6:00 pm

Community Centers



sail away with salt creek

Winter Tennis Camp

A tennis racquet, three tennis balls, a snack and water are required for all participants to bring to camp.

Instructor: J. Villanueva
Fee: \$110 Resident
 \$137 Non-Resident

Ages: 7-15

Session 1 Salt Creek
#5561.133 Dec 18-22 9:00 am - 12:00 pm

Fee: \$90 Resident
 \$113 Non-Resident

Session 2 Salt Creek
#5561.134 Jan 2-5 9:00 am - 12:00 pm

Salt Creek Winter Camp

Field trips, staff directed indoor and outdoor games, arts & crafts, and movies will be offered to all camp participants. Please bring a jacket, snack, water and a brown bag lunch daily. Camp T-shirt is included with weekly fee and will be distributed prior to field trip day. Extended care available from 7 - 9 am, and 4 - 6 pm for an additional fee.

Fee: \$100 - \$130 per week Resident
 \$125 - \$163 per week Non-Resident

Ages: 6-14

Session 1
#9050.131 Dec 18-22 9:00 am - 4:00 pm

Session 2
#9050.132 Dec 26-29 9:00 am - 4:00 pm

Session 3
#9050.133 Jan 2-5 9:00 am - 4:00 pm

Story Time

The Eastlake Branch Library hosts Story Time at Salt Creek on Tuesday's, starting January 16, 2007 from 11 - 12 pm. Give your child the gift of reading.

St. Patrick's Day Family Movie Night

Join us for a "blarney" good time as we watch a family movie under the stars, on the grass at Salt Creek Community Park. Free Hot Chocolate and Popcorn!

Parents' Night Out

Parents can have a night out while the kids participate in a variety of themed activities. These events include dinner, crafts, movies, and indoor/outdoor games. Children must be dropped off and picked up from the event.

Fee: \$10 per child
Ages: 6-14

Feb 9 6:00 - 10:00 pm

Valentine's Party

Join us February 14 to celebrate St. Valentine's Day. Games, arts & crafts, face painting, and fun for all ages.

Free

Feb 14 4:00 - 6:00 pm

Tournament Fridays

Every Friday is Tournament Friday at Salt Creek. Come join the fun when we play Simon Says, Pool, Monopoly, Foosball, Bumper Pool, Dominos, Air-Hockey, and more. Separate age groups and prizes for everyone.

Free

Fridays 3:30 - 5:00 pm

adventures at veterans!

SHARK

(Start Healthy, Active Recreation for Kids)

SHARK provides kids an opportunity to enrich their sports skills by participating in a safe, positive, and non-competitive program. Nutrition instruction will encourage your children to make healthy lifestyle choices. Prizes and incentives will be provided in this 8-week program. **Free**

Ages: 5-10

#9900.111 M, F 4:00 - 5:00 pm

Let The Games Begin!

Wednesdays - Flag Football

Ages: 10-15 4:15 pm

Thursdays - Soccer

Ages: 10-15 4:15 pm

Once Upon A Time Tea Party

Dress up in your most beautiful princess costume or handsome prince costume and come over for a magical time featuring all things fairytale. We will be sharing princess and prince tales, making crafts, playing games, and hosting our own tea party. So catch a ride in a magic pumpkin and we will see you there.

Parent participation required.
 Pre-registration recommended.

Ages: 2-5

Fee: \$3 Resident
 \$5 Non-Resident

Princess Party

#9920.111 March 10 10:00 - 11:30 am

Prince Party

#9920.112 March 10 12:00 - 1:30 pm

Kids' Night Out

Parents can have the night out, while the kids participate in a variety of activities. Activities include: dinner, crafts, movies, and games.

Fee: \$10 Resident
 \$15 Non-Resident

Ages: 5-12

#2155.111 Jan 12 6:00 - 10:00 pm

Valentine's Day Kid's Night Out

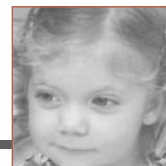
Parents can have the night out, while the kids participate in a variety of activities. Activities include: dinner, crafts, movies, and games.

Fee: \$10 Resident
 \$15 Non-Resident

Ages: 5-12

#2155.112 Feb 14 6:00 - 9:00 pm

Winter classes



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

preschool • kids

Apples to Zebras

Make learning the ABCs fun through games, songs, and arts and crafts. Each child will have an alphabet book to take home.

Instructor: Staff
Fee: \$65 Resident
\$80 Non-Resident

Ages: 3-5

Otay
#0240.141 Mon, Wed 11:15 am - 12:00 pm
Loma Verde
#0240.121 Tue, Thurs 1:15 - 2:00 pm

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo, and award. Parents are encouraged to attend.

Instructor: Staff
Fee: \$85 Resident
\$105 Non-Resident

Ages: 2-3

Kickball/Hockey

Otay
#0150.141 Thurs 4:00 - 4:45 pm
Fri games 4:00 - 4:45 pm

Kickball/Hockey

Otay
#0150.142 Tues 11:00 - 11:45 am
Thu games 11:00 - 11:45 am

Soccer/Basketball

Heritage
#0150.101 Fri 3:30 - 4:15 pm
Sat games 10:00 - 10:45 am

Ages: 4-5

Kickball/Hockey

Otay
#0150.143 Thurs 5:00 - 5:45 pm
Fri games 5:00 - 5:45 pm

Soccer/Basketball

Heritage
#0150.102 Fri 4:30 - 5:15 pm
Sat games 11:00 - 11:45 am

Creative Hands

Come join your child in a class that will help inspire their imagination with hands on fun. Children will have fun making a variety of art projects. Dress for a mess in this child oriented art class. Parent participation is required. Materials are included.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 2-3

Montevelle
#0032.150 Thurs 3:30 - 4:15 pm

Ages: 4-5

Montevelle
#0032.151 Thurs 4:30 - 5:15 pm

Dancing with Letters and Numbers

Toddlers learn letter recognition, letter sound, writing letters, and first steps to reading. They will also learn fun songs, games, arts and crafts, theatrical play, and dancing. Also included in this fun energetic class – a certificate with a picture – given to all of the students at the end of the session.

Instructor: A. Ramirez
Fee: \$60 Resident
\$75 Non-Resident

Ages: 3-5

Parkway
#0092.161 Tu, Th 10:30 - 11:30 am

Diaper Daredevils

Parent and child explore gymnastics and develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$55 Resident
\$63 Non-Resident

Ages: Walking to 36 months

Parkway
#0080.161 Fri 10:00 - 10:45 am

Montevelle
#0080.150 Mon 10:00 - 10:45 am

Montevelle
#0080.152 Tues 10:00 - 10:45 am

Kids in Action – Mommy and Me Class

The best way to teach your kids the importance of exercise is to do it together. We will start off with a simple lesson about keeping our bodies healthy, and a warm-up. Our workout will include strength training and simple aerobics. Class will conclude with some peaceful stretching. Parent participation required.

Instructor: S. Fitch
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-5

Veterans
#0050.111 Mon 10:00 - 10:30 am

Veterans
#0050.112 Fri 10:00 - 10:30 am

Kreative Wonders

This class builds children's perceptual and locomotor skills, and self-esteem. 5-week session.

Instructor: C. Paseman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 18 months - 5 years

Session 1 Begins week of January 16

Toddler Gym

(w/adult) 18 months - 2-1/2 years

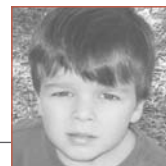
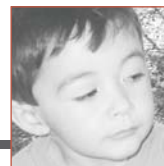
Heritage
#0050.101 Wed 9:00 - 9:40 am

Heritage
#0050.102 Fri 9:00 - 9:40 am

Heritage
#0050.103 Sat 9:00 - 9:40 am

Salt Creek
#0050.131 Tues 9:00 - 9:40 am

Winter classes



preschool • kids

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

Heritage		
#0055.101	Wed	9:45 - 10:25 am
Heritage		
#0055.102	Fri	9:45 - 10:25 am
Heritage		
#0055.103	Fri	10:30 - 11:10 am
Heritage		
#0055.104	Sat	9:45 - 10:25 am
Salt Creek		
#0055.131	Tue	9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

Heritage		
#0060.101	Wed	10:30 - 11:10 am
Heritage		
#0060.102	Sat	10:30 - 11:10 am
Salt Creek		
#0060.131	Tues	10:30 - 11:10 am

Session 2 Begins week of February 20

Toddler Gym

(w/adult) 18 months - 2-1/2 years

Heritage		
#0050.104	Wed	9:00 - 9:40 am
Heritage		
#0050.105	Fri	9:00 - 9:40 am
Heritage		
#0050.106	Sat	9:00 - 9:40 am
Salt Creek		
#0050.132	Tues	9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

Heritage		
#0055.105	Wed	9:45 - 10:25 am
Heritage		
#0055.106	Fri	10:30 - 11:10 am
Heritage		
#0055.107	Sat	10:30 - 11:10 am
Heritage		
#0055.108	Sat	9:45 - 10:25 am
Salt Creek		
#0055.132	Tue	9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

Heritage		
#0060.103	Wed	10:30 - 11:10 am
Heritage		
#0060.104	Sat	10:30 - 11:10 am
Salt Creek		
#0060.132	Tues	10:30 - 11:10 am

Learn and Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week your child will bring home an item showing their accomplishments. Parent participation encouraged.

Instructor: Staff
Fee: \$90 Resident
 \$112 Non-Resident

Ages: 3-5

Otay		
#0230.141	Tue, Thurs	9:15 - 10:45 am

Little Dunkers "Basketball"

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
 \$25 Non-Resident

Ages: 2-3

January 16 - February 13

Veterans		
#0330.113	Tues	4:00 - 4:45 pm

February 23 - March 23

Veterans		
#0330.114	Fri	3:00 - 3:45 pm

Ages: 4-5

January 16 - February 13

Veterans		
#0335.115	Tues	5:00 - 5:45 pm

February 23 - March 23

Veterans		
#0335.116	Fri	5:00 - 5:45 pm

Little Hands

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included.

Instructor: Staff
Fee: \$35 Resident
 \$44 Non-Resident

Ages: 18 months - 3 years

Heritage		
#0020.101	Thurs	9:45 - 10:15 am
Veterans		
#0020.111	Mon	10:00 - 10:30 am
Veterans		
#0020.112	Wed	3:30 - 4:00 pm

Ages: 3-5

Heritage		
#0025.101	Thurs	9:00 - 9:30 am
Veterans		
#0025.111	Mon	10:45 - 11:15 am

Little Picasso's

Your children will learn basic painting techniques in this class. Parents are welcome to join their children in this wonderful introduction to the arts. Children will learn colors and begin to develop a style. Dress for a mess. A material fee of \$25 is due to the instructor on the first day of class.

Instructor: O. Alvarado
Fee: \$30 Resident
 \$36 Non-Resident

Ages: 3-5

Monteville		
#0031.450	Mon	9:00 - 10:00 am



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Little Playground Legends

Introduction to many of the classic playground games and sports including four square, jump rope, hopscotch and other fun playground activities. Emphasis is placed on coordination, participation, and fun.

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

January 19 - February 16
Monteville

#0330.150 Fri 4:00 - 4:45 pm

February 24 - March 24
Monteville

#0330.151 Sat 10:00 - 10:45 am

Ages: 4-5

January 19 - February 16
Monteville

#0335.150 Fri 5:00 - 5:45 pm

February 24 - March 24
Monteville

#0335.151 Sat 11:00 - 11:45 am

Little QBs "Flag Football"

Learn the basics of throwing, kicking, blocking, and running with the ball. Emphasis is placed on coordination, participation, and fun.

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

January 20 - February 17
Monteville

#0330.152 Sat 10:00 - 10:45 am

February 23 - March 23
Monteville

#0330.153 Fri 4:00 - 4:45 pm

Ages: 4-5

January 20 - February 17
Monteville

#0335.152 Sat 11:00 - 11:45 am

February 23 - March 23
Monteville

#0335.153 Fri 5:00 - 5:45 pm

Little Sports of all Sorts

Get ready to get fit and have fun as we introduce your little one to different sports. Each week we will play a sport through a series of games and activities to ensure learning and most importantly fun. All sports promote hand eye coordination, motor skills, group participation, and communication skills.

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

January 19 - February 16
Veterans

#0330.111 Fri 3:00 - 3:45 pm

February 20 - March 20
Veterans

#0330.112 Tues 4:00 - 4:45 pm

Ages: 4-5

January 19 - February 16
Veterans

#0335.111 Fri 5:00 - 5:45 pm

February 20 - March 20
Veterans

#0335.112 Tues 5:00 - 5:45 pm

Little Sport Stars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early-space is limited!

Instructor: Staff
Fee: \$30 Resident
\$38 Non-Resident

Ages: 3-5 8 week class

Community Youth Center
#0220.181 Wed 3:15 - 4:00 pm

Ages: 5-7 8 week class

Community Youth Center
#0220.182 Wed 4:15 - 5:00 pm

Loma Verde
#0220.121 Thurs 4:30 - 5:15 pm

Me, You, and Fun Too!

You and your child will enjoy quality bonding time enjoying arts and crafts, storytelling, circle time, music and movement, and more.

Instructor: Staff
Fee: \$45 Resident
\$55 Non-Resident

Ages: 18 months - 3 years

Otay
#0280.141 Tues 4:00 - 5:00 pm

Otay
#0280.142 Thurs 12:00 - 1:00 pm

Mighty Tykes

Become a mighty tyke and burn lots of energy through interactive games and fun movement activities. While having fun, preschoolers will learn social and physical skills, while working on gross motor skills such as running and jumping.

Instructor: Staff
Fee: \$50 Resident
\$62 Non-Resident

Ages: 3-5

Otay
#0220.141 Mon 4:15 - 5:00 pm

Mom (or Dad) and Me

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: R. Knight
Fee: \$38 Resident
\$48 Non-Resident

Ages: 18 months - 3 years

Parkway
#0001.161 Mon 10:00 - 11:00 am

Winter classes



preschool • kids

Mom & Me Sports for Spuds

Develops socialization skills through exposure to pre-primer sports with other children. The activities are geared toward interaction between parent and child.

Instructor: R. Knight
Fee: \$35 Resident
\$44 Non-Resident

Ages: 18 months - 3 years

#0005.165 **Parkway** 8 week class
Mon 11:30 am - 12:15 pm

Mom & Me Stroller Exercises

Get back in shape while meeting other moms in this stroller exercise class.

Instructor: L. Landry
Fee: \$20 month Resident
\$24 month Non-Resident
or
\$5 per class Resident
\$7 per class Non-Resident

Ages: Birth - no longer in stroller

#0001.152 **Montevelle** Tues, Thurs 9:30 - 10:30 am
Jan **#0001.153** Feb
#0001.154 March

Mommy and Me Creative Dance

Have fun learning new dance moves with your little one. This class will incorporate various forms of dance and lots of imagination with a primary focus on ballet. Maximum of 10 students per class.

Instructor: F. Alvarez
Fee: \$35 Resident
\$43 Non-Resident

Ages: 2-3

#0130.132 **Salt Creek** Wed 9:00 - 9:30 am
#0130.151 **Montevelle** Tues 10:30 - 11:00 am

Morning Preschool Ballet

This class will help your child develop flexibility, musicality and coordination. 8 student class size guarantees your child individual attention.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 2-3

#0130.152 **Montevelle** Tues 11:00 - 11:30 am

Morning Preschool Tap and Ballet

Musicality and coordination skills will be developed while learning the basics of ballet and tap. Maximum of 8 students.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 3-4

#0130.150 **Montevelle** Tues 11:30 am - 12:00 pm

Ages: 4-5

#0130.152 **Montevelle** Thurs 11:00 - 11:30 am

Ages: 3-4

#0130.130 **Salt Creek** Wed 9:30 - 10:00 am

Morning Preschool Dance Combo

Tumbling, jazz, and ballet will all be combined in this fun environment. Children will build their coordination and musicality skills. This class is an excellent complement to the Preschool Ballet and Tap class. Class is limited to 8 students.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 2-3

#0130.153 **Montevelle** Tues 10:00 - 10:30 am

Ages: 3-4

#0130.154 **Montevelle** Thurs 11:30 am - 12:00 pm

Parent and Tot Karate

Have fun learning the basics of karate with your little one. Moves include basic body movement and placement, as well as timing.

Instructor: G. Amen
Fee: \$40 Resident
\$50 Non-Resident

Ages: 3-5

#0130.122 **Loma Verde** Wed 4:00 - 4:30 pm

Pee Wee Sports

Introduction to T-Ball, Basketball, Soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 3-5 January 16 - March 6

#0098.168 **Parkway** Tues 3:00 - 3:50 pm

Preschool Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement, and imagination.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#0110.161 **Parkway (new students)** Mon 3:30 - 4:00 pm

#0110.162 **Parkway (returning students)** Mon 4:00 - 4:30 pm

#0110.101 **Heritage (new students)** Thurs 5:30 - 6:00 pm

#0110.102 **Heritage (returning students)** Fri 5:45 - 6:15 pm

#0110.127 **Loma Verde** Fri 4:30 - 5:00 pm

#0110.144 **Otay** Wed 5:00 - 5:30 pm

#0110.185 **Community Youth Center** Thurs 4:00 - 4:30 pm

#0110.150 **Montevelle (new students)** Mon 3:30 - 4:00 pm

#0110.151 **Montevelle (returning students)** Thurs 4:00 - 4:30 pm

#0110.133 **Salt Creek** Tues 5:15 - 5:45 pm



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Preschool Ballet / Tap

Learn elementary ballet and tap techniques to develop motor learning skills, with increased emphasis on creative movement. Course also covers routines, rhythm, coordination, and stretching.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 2-6

Otay
#0120.141 Wed 4:30 - 5:00 pm

Monteville
#0120.150 Wed 3:45 - 4:15 pm

Ages: 3-5

Community Youth Center
#0110.188 Sat 12:30 - 1:00 pm

Parkway
#0110.163 Tues 4:30 - 5:00 pm

Loma Verde
#0110.121 Mon 4:15 - 4:45 pm

Veterans
#0110.111 Mon 4:30 - 5:00 pm

Preschool Ballet Folklórico

This fun and festive class teaches the basics of Folklórico dance.

Instructor: M. Sanchez (V)
C. Perez and Staff (MV)
Fee: \$30 Resident
\$37 Non-Resident

Ages: 1-5

Veterans
#0210.111 Wed 4:15 - 4:45 pm

Monteville
#0210.150 Tues 3:45 - 4:15 pm

Preschool Belly Dancing

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarf's and veils are required by second class.

Instructor: C. Martinez
Fee: \$44 Resident
\$55 Non-Resident

Ages: 3-5 8 week class

Loma Verde
#0180.121 Wed 3:30 - 4:00 pm

Preschool Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

Heritage
#0201.101 Fri 4:45 - 5:15 pm

Preschool Gymnastics

The class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling skills.

Instructor: C. Moses
Fee: \$43 Resident
\$52 Non-Resident

Ages: 3-5

Loma Verde
#0010.123 Sat 9:00 - 9:50 am

Monteville
#0010.150 Fri 2:00 - 2:50 pm

Monteville
#0010.151 Fri 3:00 - 3:50 pm

Veterans
#0010.111 Wed 3:00 - 3:50 pm

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic hip hop moves.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

Otay
#0200.141 Mon 6:15 - 6:45 pm

Loma Verde
#0200.121 Sat 9:30 - 10:00 am

Heritage
#0200.101 Fri 5:15 - 5:45 pm

Monteville
#0200.150 Thurs 4:30 - 5:00 pm

Parkway
#0200.161 Thurs 4:30 - 5:00 pm

Salt Creek
#0200.133 Tues 5:45 - 6:15 pm

Preschool Hip Hop/Tumbling

Learn basic hip hop and other creative dance moves along with basic tumbling. Students will learn a dance and present it to parents at the end of the session. Class will cover stretching in circle time, warm up, practicing dance, free and fun time dancing, and a cool down game.

Instructor: L. Ramirez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

Veterans
#1920.111 Fri 4:45 - 5:30 pm

Preschool Karate

Learn the basics of karate including basic body movement and placement, as well as timing. Parent participation is encouraged.

Instructor: J. Hickman
Session Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

Community Youth Center
#0030.181 Thurs 3:15 - 3:45 pm

Woman's Club
#0030.161 Tues 3:15 - 3:45 pm

Instructor: G. Amen
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-5 **Beginning Veterans**

#0030.111 Thurs 4:15 - 4:45 pm

Veterans
#0030.112 Sat 10:45 - 11:15 am

Veterans
#0030.113 Sat 11:15 - 11:45 am

Loma Verde
#0030.121 Wed 3:30 - 4:00 pm

Monteville
#0030.150 Mon 3:00 - 3:30 pm

Monteville
#0030.151 Mon 3:30 - 4:00 pm

Monteville
#0030.153 Tues 3:00 - 3:30 pm

Monteville
#0030.154 Tues 3:30 - 4:00 pm

Winter classes



preschool • kids

Preschool Mini Soccer

This course teaches soccer basics including dribbling, striking, and team play.

Instructor: Staff

Fee: \$38 Resident
\$47 Non-Resident

Ages: 3-5 January 18 - March 8

Parkway
#0098.163 Thurs 3:30 - 4:15 pm

Preschool Tennis

Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills.

Instructor: J. Villanueva

Fee: \$80 Resident
\$90 Non-Resident

Ages: 3-5 8 week class

Montevelle
#0140.152 Tues 9:00 - 9:45 am

Montevelle
#0140.153 Tues 10:00 - 10:45 am

Preschool Traditional Dance Folklórico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

Parkway
#0140.162 Sat 9:30 - 10:00 am

"Sign, Say and Play" A Baby Signs Program

This six-week class for both babies and parents is designed to embed the learning of signs in activities that promote cognitive, social, language, literacy, and sensory-motor development. Fee includes materials.

Instructor: J. Cayabyab

Fee: \$140 Resident
\$174 Non-Resident

Ages: 6 months - 3 years

Veterans
#3815.111 Sat 11:30 am - 12:30 pm
January 20 - February 24

Sing, Sign, and Play – Mommy and Me Class

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk and help your 13-24 month old through those frustrating toddler years. Price includes materials.

Instructor: L. Albertson

Fee: \$70 Resident
\$87 Non-Resident

Session 1 January 18 - February 18

Ages: 6-12 months

Montevelle 5 week class
#0070.150 Wed 9:00 - 9:50 am

Ages: 12-24 months

Montevelle 5 week class
#0070.151 Wed 10:00 - 10:50 am

Ages: 6-24 months

Montevelle 5 week class
#0070.152 Sat 9:00 - 9:50 am

Session 2 February 22 - March 25

Ages: 6-12 months

Montevelle 5 week class
#0071.150 Wed 9:00 - 9:50 am

Ages: 12-24 months

Montevelle 5 week class
#0071.151 Wed 10:00 - 10:50 am

Ages: 6-24 months

Montevelle 5 week class
#0071.152 Sat 9:00 - 9:50 am

Super Tots

Activities include loco motor warm up, circuit training on kid size gymnastics apparatus to develop gymnastics skills rhythm, strength, motor skills and flexibility. Taught by a former Olympic gymnast.

Instructor: J. Jensen

Fee: \$55 Resident
\$63 Non-Resident

Ages: 3-5

Parkway
#0080.162 Fri 11:00 - 11:45 am

Montevelle
#0080.151 Mon 11:00 - 11:45 am

Montevelle
#0080.153 Tues 11:00 - 11:45 am

Time Flies When You're Turning One! A Mommy/Daddy and Me Class

Baby's first year is a special time for both parent and child. The goal of this class is to promote baby's developments in the areas of socialization and motor skills. Parent and child will participate in singing, dancing, story time, and many other fun activities. Parents will find this class to be a great resource for baby information, support, and encouragement.

Instructor: C. Sedlacek

Fee: \$50 Resident
\$62 Non-Resident

Ages: Newborn to 12 months

Montevelle
#0060.450 Thurs 10:00 - 10:45 am
6 week class

Tiny Tappers

This class is intended for introductory level preschool aged children desiring to learn how to tap dance and learn basic coordination skills in a fun environment.

Instructor: V. Pittman

Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-5

Parkway
#1215.161 Wed 4:15 - 4:45 pm

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first step away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting.

Instructor: D. Sakamoto (PW), I. Pike (V)
M. Campos (LV), Sullivan-Rupic (M),
J. Nucup (SC)

Fee: \$110 Resident
\$138 Non-Resident



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Ages: 3-5

- Parkway**
#0090.161 Tues, Thurs 9:00 - 11:50 am
Parkway
#0090.163 Wed, Fri 9:00 - 11:50 am
Monteville
#0090.150 Tues, Thurs 9:00 - 11:50 am
Monteville
#0090.151 Wed, Fri 9:00 - 11:50 am
Salt Creek
#0090.133 Tues, Thurs 9:00 - 11:50 am
Salt Creek
#0090.134 Wed, Fri 9:00 - 11:50 am
Loma Verde
#0090.122 Tue, Thurs 9:00 - 11:50 am
Loma Verde
#0090.124 Wed, Fri 9:00 - 11:50 am
Veterans
#0090.111 Tues, Thurs 9:00 - 11:50 am
Veterans
#0090.112 Wed, Fri 9:00 - 11:50 am

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Themes include, Dr. Seuss, Berenstain Bears, fairy tales, and rhymes. Your child will learn ABCs, numbers, social skills and motor skills.

Instructor: Staff
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 4-5

- Heritage**
#0030.101 Thurs 11:00 am - 12:00 pm

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time.

Instructor: Staff
Fee: \$50 Resident
 \$62 Non-Resident

Ages: 18 months - 3 years

- Otay**
#0210.141 Tues 12:00 - 12:45 pm
Veterans
#0220.111 Thurs 11:30 am - 12:15 pm

performing arts

Adult Tap Dance

Toe-tappin' fun, learning basic steps through intermediate routines. Great cardio exercise, great class! Tap shoes required at the second class meeting.

Instructor: C. Schroeder
Fee: \$25 Resident
 \$30 Non-Resident

Ages: 16 and over

- Parkway**
#1260.162 Mon 7:00 - 7:50 pm

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Perez and Staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 4-6, Level 1

- Heritage**
#1230.101 Thurs 6:00 - 6:30 pm

Ages: 6 and over, Level 1

- Otay**
#1230.142 Wed 5:30 - 6:15 pm
Community Youth Center
#1230.183 Thurs 4:30 - 5:15 pm
Salt Creek
#1230.135 Fri 5:00 - 5:45 pm

Ages: 6 and over, Level 1 and 2

- Heritage**
#1235.102 Fri 6:15 - 7:00 pm
Loma Verde
#1235.124 Fri 5:00 - 5:45 pm
Parkway
#1220.161 Mon 4:30 - 5:15 pm
Monteville
#1240.150 Mon 4:45 - 5:30 pm

Ages: 8 and over, Level 3 and 4

- Parkway**
#1240.161 Mon 5:15 - 6:00 pm
Monteville
#1240.151 Mon 5:30 - 6:15 pm
Heritage
#1240.101 Thurs 6:30 - 7:15 pm

Ballet and Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time!

Instructor: C. Perez and Staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 5-9

- Community Youth Center**
#1230.184 Sat 1:00 - 1:45 pm
Parkway
#1230.161 Tues 5:00 - 5:45 pm

Ages: 5-12

- Loma Verde**
#1230.121 Mon 4:45 - 5:30 pm
Veterans
#1230.111 Mon 5:15 - 6:00 pm

Ages: 10 and over

- Community Youth Center**
#1235.186 Sat 1:45 - 2:30 pm

Ballet Folklorico

This fun, festive class teaches the basics of Folkloric dance.

Instructor: C. Perez and staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 6 and over

- Monteville**
#1250.150 Mon 6:15 - 7:00 pm

Ballet Folklorico-Xochitl

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez
Fee: \$30 Resident
 \$37 Non-Resident

Ages: 6 and over

- Veterans**
#1245.111 Wed 5:00 - 5:45 pm

Winter classes



performing arts

Ballroom Dances

Have fun learning several different ballroom dances. Learn how to lead and follow your partner with various combinations. Dances that may be included are Swing, Waltz, Rumba, Tango, and Cha-Cha.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over

Veterans

#1720.111 Tues 8:00 - 9:00 pm

Monteville

#1720.150 Wed 6:00 - 6:50 pm

Beginning Ballet

Ballet is the foundation of all styles of dance. This fun filled class will help your child develop flexibility, musicality, and coordination skills. The instructor is a professional dancer. Small class size of 10 guarantees individual attention.

Instructor: F. Alvarez

Fee: \$65 Resident
\$80 Non-Resident

Ages: 6 and over

Monteville

#2230.150 Tues 5:30 - 6:20 pm

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance.

Instructor: L. Stacey (YC),
C. Martinez (PW & MV)
D. Aragon-Weisner
(HC, LV & MV)

Fee: \$45 Resident
\$55 Non-Resident
\$8 for single class
at Parkway and Monteville

Ages: Adults

Community Youth Center

#1540.181 Mon 6:00 - 7:00 pm

Parkway

#1540.161 Wed 6:30 - 7:20 pm

Heritage

#1540.101 Mon 6:00 - 6:50 pm

Heritage

#1540.102 Tues 6:00 - 6:50 pm

Monteville

#1540.150 Tues 7:00 - 7:50 pm

Monteville

#1540.151 Mon 7:30 - 8:20 pm

Loma Verde

#1540.121 Mon 7:00 - 7:50 pm

Loma Verde

#1540.122 Tues 7:30 - 8:20 pm

Creative Art of Acting

So, you want to be an actor? Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith

Fee: \$33 Resident
\$39 Non-Resident

Ages: 8 - Adult

Otay

#1530.144 Wed 6:15 - 6:45 pm

Fee: \$42 Resident
\$52 Non-Resident

Monteville

#2110.150 Thurs 6:00 - 8:00 pm

Dance Technique – Folklorico Mexicano

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 11-20 (Girls only)

Parkway

#1260.161 Sat 3:00 - 3:50 pm

Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructor: D. Weisner

Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Beginning, Level 1

Heritage

#1470.101 Tues 5:00 - 5:50 pm

Hawaiian Dance

Learn the Dances of Hawaii, New Zealand, and Tahiti. This class has an emphasis on show dancing. Students will learn three regional dances in each class, including Poi Balls from New Zealand and much more.

Instructor: M. Tuminting

Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Community Youth Center

#1282.181 Tues 5:00 - 5:50 pm

Ages: 13 - Adult

Community Youth Center

#1282.186 Tues 6:00 - 6:50 pm

Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. Christian, R & B, and rap music will be played.

Instructor: L. Ramirez

Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-8

Veterans

#1265.111 Tues 6:00 - 6:50 pm

Ages: 9 and over

Veterans

#1265.112 Sat 10:00 - 10:50 am



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Hip Hop

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez and Staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 6-13

Community Youth Center
#1365.181 Tues 7:00 - 7:45 pm
Parkway
#1365.162 Thurs 5:00 - 5:45 pm
Monteville
#1365.150 Thurs 5:00 - 5:45 pm

Ages: 6 and over

Otay
#1365.142 Mon 6:45 - 7:30 pm
Loma Verde
#1365.122 Sat 10:00 - 10:45 am
Salt Creek
#1365.133 Tues 6:15 - 7:00 pm

Ages: 14 and over

Community Youth Center
#1365.182 Tues 8:00 - 8:45 pm
Monteville
#1370.150 Thurs 5:45 - 6:30 pm

Hip-Hop and Step Exercise

Do you want to learn how to step? Do you want to learn hip-hop? Learn both of these great dances and have fun at the same time.

Instructor: A. Jurado
Fee: \$24 Resident
 \$30 Non-Resident

Ages: 14 and under

Monteville
#1490.151 Fri 4:00 - 4:45 pm

Intro to Hula

Hula with us! Students will enjoy island music while learning the basic movements of hula dance.

Instructor: S. Mesina
Fee: \$35 Resident
 \$44 Non-Resident

Ages: 6-12

Heritage
#1280.101 Wed 5:00 - 5:50 pm

Jazz and Hip-Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

Instructor: C. Perez
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 6 and over
Beginning

Heritage
#1610.101 Wed 4:00 - 4:45 pm
Salt Creek
#1610.135 Fri 5:45 - 6:30 pm
Monteville
#1610.150 Tues 4:15 - 5:00 pm

Jazz / Modern

Have fun learning a variety of different basic dance steps to music light or upbeat. Learn to choreograph your own dance and the terminology to different dance steps. Develop coordination, rhythm, and self-confidence.

Instructor: L. Ramirez
Fee: \$35 Resident
 \$44 Non-Resident

Ages: 6 and over

Veterans
#1900.111 Tues 5:00 - 5:45 pm

Keyboard

Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials.

Instructor: N. Villanueva
Fee: \$62 Resident
 \$77 Non-Resident

Ages: 7 and over

Heritage
#1580.101 Wed 4:00 - 4:50 pm

Kids Latin Dance

Girls and boys will enjoy this fun class while learning many of the popular Latin dances. Learn coordination, develop a sense of rhythm, as well as add flavor to your dancing. Dances that may be included are Salsa, Merengue, and Cha-Cha.

Instructor: S. Martin
Fee: \$45 Resident
 \$55 Non-Resident

Ages: 8 and over

Veterans
#1700.111 Thurs 5:00 - 6:00 pm

Learn to Swing Dance

Join us in this fun class that teaches you the basic foundations of east swing. In this class you will learn fun partner combinations, rhythm, coordination, and be ready to head to the dance floor in no time.

Instructor: S. Martin
Fee: \$45 Resident
 \$55 Non-Resident

Ages: 16 and over

Monteville
#1720.150 Wed 7:00 - 7:50 pm

Little Voices

This class teaches basic vocal techniques like breathing, phrasing, and enunciation. Singing helps develop confidence and teamwork. Fee includes materials.

Fee: \$62 Resident
 \$77 Non-Resident

Ages: 7-12

Heritage
#1520.101 Wed 5:00 - 5:50 pm

Mariachi Performance

Learn and develop techniques for Mariachi performance. You will learn how to acquire the basic skills for reading music and "playing by ear" for study and performance. Students must provide their own Mariachi instruments: vihuela, violin, guitarron, guitar, trumpet, requinto, viola, arpa (harp) as well as voz (voice).

Instructor: R. Ojeda
Fee: \$60 Resident
 \$74 Non-Resident

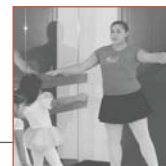
Ages: 9-13

Parkway
#2158.161 Tues 6:00 - 6:50 pm

Ages: 14 and over

Parkway
#2158.163 Tues 7:00 - 7:50 pm

Winter classes



performing arts

Modeling 101, Teen

Students will be introduced to the world of modeling which will include runway, make-up artistry, poise, etiquette, personal development, and camera technique. Each student will get a binder with all necessary information and they will each get a head-shot photo. A material fee of \$25 will be due to the instructor.

Instructor: E. Gonzalez
Fee: \$145 Resident
 \$180 Non-Resident

Ages: 12-19

Montevelle
#3100.150 Sat 10:00 - 11:00 am

Montevelle Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin
Fee: \$41 Resident
 \$50 Non-Resident

Ages: 5-10

Montevelle
#1100.150 Fri 5:15 - 6:00 pm

Ages: 10 and over

Montevelle
#1100.151 Fri 6:15 - 7:00 pm

Move-in-Line

Progressive Line Dancing

Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that is fun and healthy for all ages.

Fee: \$30 Resident
 \$38 Non-Resident

Ages: 13 and over

Ultra Beginners

Veterans
#1510.111 Mon 6:30 - 7:30 pm

Improvers

Veterans
#1510.112 Mon 7:30 - 9:00 pm

Intermediate

Veterans
#1510.113 Thurs 7:00 - 9:00 pm

Fee: \$50 Resident
 \$63 Non-Resident

Both Improvers and Intermediate

Veterans
#1510.114 Mon 7:30 - 9:00 pm
 Thurs 7:00 - 9:00 pm

Polynesian Dance

Learn Polynesian dance. New dances will be introduced to intermediate and advanced students, emphasizing challenging routines. Instructor's approval is required for all intermediate and advanced classes.

Instructor: G. Berthiaume
Fee: \$20 Resident
 \$25 Non-Resident

Level 1 **Ages: 5 and over**
Loma Verde

#1280.122 Thurs 5:45 - 6:35 pm

Level 1 **Ages: 12 - Adult**
Loma Verde

#1290.121 Wed 7:30 - 8:20 pm

Level 2 **Ages: 5 and over**
Loma Verde

#1285.125 Thurs 6:45 - 7:30 pm

Level 3 **Ages: 5 and over**
Loma Verde

#1295.121 Wed 5:30 - 6:20 pm

Level 4 **Ages: 9 and over**
Loma Verde

#1298.125 Wed 6:30 - 7:20 pm

Rondalla

Learn the basics of singing and guitar as introductory to Mariachi performance. This class is great for beginners to Mariachi music. No previous musical experience necessary. Students must provide their own instruments.

Instructor: R. Ojeda
Fee: \$52 Resident
 \$64 Non-Resident

Ages: 10 and over
Parkway

#2158.165 Wed 5:15 - 6:15 pm

Salsa

Popular "On 1" L.A. Style salsa for beginners and experienced dancers alike. Learn basic patterns and turns to your favorite salsa songs.

Instructor: D. Vasquez

Fee: \$80 Resident
 \$105 Non-Resident

Ages: 16 and over

Loma Verde
#1730.121 Thurs 6:00 - 7:00 pm

Loma Verde
#1730.122 Thurs 7:15 - 8:15 pm

Salsa and Merengue

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination. Come learn these passionate dances and you will be ready to hit the dance clubs in no time.

Instructor: S. Martin
Fee: \$45 Resident
 \$55 Non-Resident

Ages: 16 and over

Beginner

Veterans
#1730.111 Thurs 6:00 - 7:00 pm

Montevelle
#1730.150 Wed 8:00 - 8:50 pm

Intermediate

Must know all basic salsa patterns

Veterans
#1730.112 Tues 7:00 - 8:00 pm

Tahitian Dance

Learn dances from the Island of Tahiti. Students will enjoy island music while learning the basic movements of Tahitian dance.

Instructor: S. Mesina

Fee: \$30 Resident
 \$35 Non-Resident

Ages: 13 to adult

Heritage
#1281.101 Wed 6:00 - 6:45 pm



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Traditional Dance Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez
Fee: \$30 Resident
\$37 Non-Resident

Beginning **Ages: 6 and over**
Parkway (Level 1)

#1245.163 Sat 11:00 - 11:50 am

Beginning **Ages: 18 and over**
Parkway (Level 2)

#1245.162 Sat 10:00 - 10:50 am

Emerging **Ages: 11-20**
Parkway

#1245.161 Sat 1:00 - 1:50 pm

Intermediate **Ages: 7 and over**
Parkway (Level 1)

#1250.163 Sat 2:00 - 2:50 pm

#1250.162 Sat 12:00 - 12:50 pm

Advanced **Ages: 8 and over**
Parkway

#1255.161 Thurs 6:00 - 6:50 pm

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics."

Instructor: S. Valenzuela
Fee: \$20 Resident
\$25 Non-Resident

Ages: 5-10

Veterans

#1100.111 Wed 4:30 - 5:20 pm

Ages: 11-15

Veterans

#1100.112 Wed 5:30 - 6:20 pm

Ages: 16 and over

Veterans

#1100.113 Wed 6:30 - 7:20 pm

Wedding Dance Workshop

Learn to dance with grace, and build your confidence on the dance floor. You will learn steps, timing, and presentation for your big day. This will be something the two of you will share forever. You can bring your first song (if you have chosen one) to the first class.

Instructor: S. Martin
Fee: \$45 Resident
\$55 Non-Resident

Ages: 18 and over
Veterans

#1740.111 Tues 6:00 - 7:00 pm

Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching.

Instructor: L. Stacey
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12

Community Youth Center

#1410.181 Mon 6:00 - 7:00 pm

Instructor: Aragon-Weisner
Fee: \$45 Resident
\$55 Non-Resident

Heritage

#1410.101 Mon 5:00 - 5:50 pm

Youth to Adult Belly Dancing

This class will teach you to do arm movements, shimmies, and isolations. Hip scarf's and veils required by second class.

Instructor: C. Martinez
Fee: \$40 Resident
\$49 Non-Resident

Ages: 6-18 8 week class

Loma Verde

#1454.124 Mon 6:00 - 6:50 pm

Instructor: C. Martinez
Fee: \$55 Resident
\$69 Non-Resident
\$8 for a single class

Ages: 6-18 8 week class

Salt Creek

#1454.131 Sat 2:00 - 2:50 pm

Ages: 18 and over

8 week class

Salt Creek

#1454.132 Sat 3:00 - 3:50 pm

creative classes

Adult Watercolor

Beginning and intermediate students. Basic supplies can be purchased in class or can be brought in from home. Chula Vista Adult School Class. Register with the instructor the first day of class Class begins January 25.

Instructor: J. Helton

Fee: Free

Ages: Adults

Veterans

Thurs 9:00 am - 12:00 pm

Animal Art

Lions, Tigers, and Bears, oh my! Create a marvelous menagerie of colorful creatures using a potpourri of mixed media. Try collage, mosaics, pen and ink, and more. Learn to paint without a brush! All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson (V)
T. Mill (M)

Fee: \$42 Resident
\$53 Non-Resident

Ages: 6-13

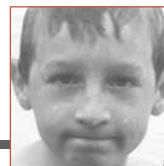
Veterans

#3162.111 Mon 4:00 - 4:50 pm

Monteville

#3162.150 Tues 6:00 - 6:50 pm

Winter classes



creative classes

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. Your child will explore the endless opportunity of imagination and self expression.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Salt Creek
#3150.134 Thurs 4:00 - 4:50 pm

Art-Tastic

Students will learn drawing, painting and sculpture in this *Art-Tastic* class. Art supplies will be provided.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Community Youth Center
#3113.182 Thurs 6:00 - 6:50 pm

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid. Info: (619) 691-5276.

Instructor: K. Fajardo
Fee: \$45 Resident
\$55 Non-Resident

Ages: 11 and over

Community Youth Center
#3116.181 Jan 20, 27 9:00 am - 12:00 pm
Class meets both days

Community Youth Center
#3116.183 Feb 10, 17 9:00 am - 12:00 pm
Class meets both days

Community Youth Center
#3116.185 Mar 17, 24 9:00 am - 12:00 pm
Class meets both days

Build Your Own Cook Book

Enjoy hands on, staff directed cooking class where your Jr. Chef prepares healthy childhood favorites. Bon Appetite!

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Salt Creek
#3115.132 Mon 4:30 - 5:20 pm

California Child Care Course

This course meets the legal requirements of the California Health and Safety Code (AB 243). The law stipulates that licensed childcare providers receive at least 15 hours of training on preventative childcare practices. Attendance both class dates is required for Red Cross certification.

Instructor: S. Linderman
Fee: \$105 Resident
\$132 Non-Resident

Ages: Adults

Parkway
#3116.161 March 3, 10 8:00 am - 5:00 pm

Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson (V)
A. Songalia (M)
Fee: \$42 Resident
\$53 Non-Resident

Ages: 8-13

Veterans
#3166.111 Mon 6:00 - 6:50 pm

Monteville
#3166.150 Tues 7:00 - 7:50 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis
Fee: \$34 Resident
\$43 Non-Resident

Ages: 10 and over

Loma Verde
#3200.121 Tues 9:00 am - 12:00 pm

Loma Verde
#3200.123 Wed 5:30 - 8:20 pm

Loma Verde
#3200.122 Wed 9:00 am - 12:00 pm

Loma Verde
#3200.124 Sat 9:00 am - 12:00 pm

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-14 8 week class

Monteville
#3150.151 Tues 5:00 - 5:50 pm

Creative Clay

New non-fire clay in every color. Take home what you make the same day. Working with clay is a great way to encourage creativity. A \$10 materials fee to be paid to instructor on first class.

Instructor: A. Melzer
Fee: \$36 Resident
\$43 Non-Resident

Ages: 6 and over

Loma Verde
#3180.121 Mon 6:00 - 8:00 pm



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Creative Collages

Students make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. Each week we'll make collages with a specific theme and material.

Instructor: Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-8

Veterans

#3010.111 Wed 5:30 - 6:45 pm

Dog Obedience

Learn basic commands for dogs over 4 months. Owners and leashed dogs learn basic training commands. All dogs must have current shots.

Instructor: J. Hitz

Fee: \$65 Resident
\$80 Non-Resident

8 week class

Ages: 12 and over

Monteville

#3600.150 Wed 7:00 - 8:00 pm

Monteville

#3600.151 Sat 3:00 - 4:00 pm

Instructor: S. Cunningham

Fee: \$70 Resident
\$86 Non-Resident

Ages: 18 and over

Veterans Jan 16 - Feb 13

#3600.111 Tues 6:00 - 7:00 pm

Veterans Feb 20 - March 20

#3600.112 Tues 6:00 - 7:00 pm

Drawing Dynamos

Turn your doodles and squiggles into amazing art. Refine your drawing skills and explore line and color using a variety of drawing materials and techniques. Create original works of art. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson

Fee: \$42 Resident
\$53 Non-Resident

Ages: 6-13

Veterans

#3164.111 Mon 5:00 - 5:50 pm

Drawing For Kids

Kids will develop a sense of observation in this beginning drawing class. Instruction involves several types of media (pencil, chalk, marker, etc.) and encourages creativity and individuality.

Instructor: C. Olimon

Fee: \$45 Resident
\$56 Non-Resident

Ages: 6-10

Heritage

#3160.101 Tues 4:00 - 4:50 pm

Heritage

#3160.102 Tues 5:00 - 5:50 pm

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill

Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10 8 week class

Monteville

#3110.150 Tues 4:00 - 4:50 pm

Drawing Studio

Students will learn drawing techniques. This course is designed to include a variety of materials (graphite pencil, charcoal, pastels, etc.) that will vary in each session throughout the year. One drawing from each student's portfolio will be selected and framed for presentation. \$35 materials fee to be paid to instructor on the first day of class (includes all materials and one frame.)

Instructor: L. Villasenor-Isabelle

Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-16

Veterans

#3155.112 Tues 6:15 - 7:15 pm

Spring Baking and Crafting Workshop

Students will make and bake and decorate their own carrot cake and sugar cookies. Students will make fun art projects to display for the upcoming holiday. A supply fee of \$15.00 is due at the beginning of the workshop.

Instructor: D. Hlava

Fee: \$15

Monteville

#3500.153 Mar 31 9:00 am - 12:00 pm

Monteville

#3500.154 Mar 31 12:30 - 3:30 pm

Etiquette and Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards.

Instructor: M. O'Farrill

Fee: \$75 Resident
\$94 Non-Resident
Fee includes food

Ages: 6-12

Heritage

#4415.101 Feb 17, 24 12:00 - 3:00 pm

Heritage

#4415.102 Mar 17, 24 12:00 - 3:00 pm

Heritage

#4415.103 Mar 27, 29 12:00 - 3:00 pm

Winter classes



creative classes

Fine Arts Painting

With the direction and motivation of professional artist/art teacher, your child will create a beautiful, ready to hang masterpieces. Teacher inspires students to bring out their hidden talent while creating confidence, drive and the great feeling of accomplishment. Let your child discover what art can bring into his/her life. \$35 materials fee to be paid to instructor on the first day of class. Includes all materials and one frame.

Instructor: L. Villaseñor-Isabelle
Fee: \$85 Resident
 \$107 Non-Resident

Ages: 9-11

Heritage

#3155.101 Sat 9:00 - 10:00 am

Ages: 9-16

Veterans

#3155.111 Tues 5:00 - 6:00 pm

Ages: 12-16

Heritage

#3155.102 Sat 10:30 - 11:30 am

Fun Mixed Media Collages

Create beautiful and colorful works of art that you will take home and hang, frame included. Bring your favorite pictures and photos and surround them with things you love: seashells, sand, rocks, leaves, dry flowers, glass beads. A \$10 materials fee is to be paid to the instructor the first class.

Instructor: G. Cruz
Fee: \$40 Resident
 \$48 Non-Resident

Ages: 10 and over

Loma Verde

#3255.121 Thurs 4:00 - 4:50 pm

Healthy Eats

Young adults will learn to understand and build healthy recipes, how to count calories, read food labels and how to plan a party and be a good host. Each class day, students will prepare something new to take home. A supply fee of \$20 is due to instructor the first day of class.

Instructor: D. Hlava
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 11-17 6 week class

Veterans

#3310.114 Mon 5:30 - 7:00 pm

Veterans

#3310.115 Mon 7:15 - 8:45 pm

Intro to Clay

Learn the basic techniques in clay using a variety of methods. Projects include hand building and throwing (adult class only). Creativity and learning is always encouraged in a safe and friendly environment. In the child/adult class, adults have the option of taking the class with their child. Child and adult must register for class. A materials fee of \$5 (children) and \$15 (adults) will be paid to the instructor on the first day of class.

Instructor: A. Bernard-Bryant
Fee: \$60 Resident
 \$70 Non-Resident

Ages: Children 7-10

Heritage

#3230.101 Thurs 5:30 - 6:30 pm

Ages: Children/Adult 7-Adult

Heritage

#3230.102 Thurs 6:45 - 7:45 pm

Little Chefs

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes they can make themselves.

Instructor: Staff
Fee: \$20 Resident
 \$25 Non-Resident

Ages: 6-12 8 week class

Loma Verde

#3112.121 Wed 3:30 - 4:15 pm

Make and Take Crafts

Students will use different materials (wood, fabric, metal, cement and more) to make creative projects for the home, yard or as gifts. An art shirt is advisable.

Instructor: D. Hlava
Fee: \$40 Resident
 \$49 Non-Resident

A supply fee of \$20 is due to the instructor the first day of class.

Ages: 5-12 6 week class

Veterans

#3320.112 Mon 3:30 - 5:00 pm

Make, Bake, and Take

Students will learn the basic fundamentals of nutrition, table manners, and cooking skills. Students will prepare a variety of recipes throughout the course and come away with a recipe book of items they helped make.

Instructor: D. Hlava
Fee: \$30 Resident
 \$37 Non-Resident

A supply fee of \$15 is due to the instructor the first day of class.

Ages: 5-12 6 week class

Otay

#3310.141 Fri 2:15 - 3:30 pm

Otay

#3310.142 Fri 3:45 - 5:00 pm

Veterans

#3310.111 Thurs 3:30 - 4:45 pm

Veterans

#3310.112 Thurs 5:00 - 6:15 pm

Veterans

#3310.113 Thurs 6:30 - 7:45 pm

Monteville

#3310.150 Wed 3:30 - 4:45 pm

Monteville

#3310.151 Wed 5:00 - 6:15 pm

Monteville

#3310.152 Wed 6:30 - 7:45 pm



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Ole, Ole Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class. Workbook will be included.

Instructor: C. Vera
Fee: \$105 Resident
\$130 Non-Resident

Ages: 2-4 8 week class
Veterans
#3090.111 Fri 9:00 - 10:00 am

Ages: 5-8
Veterans
#3090.112 Fri 4:00 - 5:00 pm

Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different medias and styles and learn about color mixing, composition, and design.

Instructor: O. Alvarado
Fee: \$20 Resident
\$25 Non-Resident

Ages: 18 and over
Veterans
#3085.111 Tues 9:00 am - 12:00 pm

Painting for Children

Your children will learn the basic and intermediate techniques in painting, and will have the opportunity to experiment with different styles while developing their own. A material fee of \$25 is to be paid to the instructor on the first day of class.

Instructor: O. Alvarado
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12
Montevale
#3155.151 Mon 4:30 - 5:30 pm
8 week class

Pastel Painting

Anyone can paint in this beginners painting class. Follow easy, step-by-step instructions to create a new painting each week. Great class for parents and children to take together. Walk-ins are welcome. \$1.25 materials fee to be paid to the instructor for each lesson. 8 week class.

Instructor: C. Miller
Fee: \$85 Resident
or \$11 drop in per class
\$107 Non-Resident
or \$15 drop in per class

Ages: 9 and over
Heritage
#3182.101 Fri 2:45 - 4:45 pm

Ready, Set, Knit, and Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more.

Instructor: M. Elias
Fee: \$45 Resident
\$56 Non-Resident

Ages: 8 and over
Heritage
#3181.101 Fri 6:00 - 7:15 pm

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through instructor.

Instructor: K. Ralston
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over
Heritage
#3180.101 Jan 20 12:00 - 3:00 pm
Feb 3 12:00 - 3:00 pm
March 10 12:00 - 3:00 pm

Studio Art

Explore studio preparation, etiquette, and ethics while working with professional artists. Learn new intermediate and advanced drawing, painting, and sculpting techniques creating beautiful, original works of art. A \$10 materials fee is to be paid to instructor on first class.

Instructor: G. Cruz
Fee: \$40 Resident
\$48 Non-Resident

Ages: 18 and over
Loma Verde
#3255.121 Tues 6:00 - 7:00 pm

Toon Fun

Cartooning class for all levels, with an emphasis on developing creativity and imagination for story telling and cartoon strips. Come and create your own characters and bring them to life.

Instructor: G. Cruz
Fee: \$40 Resident
\$48 Non-Resident

Ages: 8-13
Loma Verde
#3220.121 Thurs 6:00 - 6:50 pm

Totally Art!

Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess!

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident
Fee includes supplies

Ages: 6-10
Heritage
#3150.101 Mon 4:00 - 4:50 pm

Valentine's Baking and Crafting Workshop

Students will make and bake and decorate their own 9-inch heart shaped chocolate chip cookie. In between baking and cooling, students will make fun art projects to give as presents to their love ones. A supply fee of \$15 is due to the instructor at the beginning of the workshop.

Winter classes



fitness classes

Instructor: D. Hlava

Fee: \$15

Ages: 5-15

Montevelle

#3500.150 Feb 10 9:00 am - 12:00 pm

Montevelle

#3500.151 Feb 10 12:30 - 3:30 pm

Water Color for All

Explore new and amazing techniques that will make heads turn in any art gallery. This class is designed for all levels in watercolor painting, but will have a master's approach. A \$10 materials fee will be paid to instructor on the first day of class.

Instructor: G. Cruz

Fee: \$40 Resident

\$48 Non-Resident

Ages: 13 and over

Loma Verde

#3230.121 Thurs 5:00 - 5:50 pm

fitness classes

Abs, Thighs, and Buns

This class hits that hard to tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs.

Instructor: A. Jurado

Fee: \$29 Resident

\$35 Non-Resident

Ages: 14-Adult

Montevelle

#4112.150 Tues 7:30 - 8:30 pm

Adaptive Fitness

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging and will include strength training, toning, and cardiovascular work. Registration required. 12 weeks.

Fee: \$42 Resident

\$52 Non-Resident

Ages: 16 and over

Otay

#4620.149 M, W, F 9:30 - 11:00 am

Adult Beginning Tennis

Tennis Pro: J. Villanueva

Fee: \$115 Resident

\$140 Non-Resident

Ages: 18 and over

Salt Creek

#5569.133 Tues 9:00 - 9:50 am

Adult Boot Camp

A little less intimidating, but equally as challenging as The Real Thing, this Boot Camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer!

Instructor: D. Rodriguez

Certified ACE Trainer

Fee: \$125 Resident

\$150 Non-Resident

Ages: Adults

Community Youth Center

#4145.181 M, W 5:30 - 6:30 pm

Jan 17 - March 26 10 weeks

Adult Tennis Lessons

Maximum of 8 adults per class.

8 week class.

Tennis Pro: J. Villanueva

Fee: \$95 Resident

\$118 Non-Resident

Ages: 18 and over

Salt Creek

#4565.130 Tues 7:00 - 8:00 pm

Salt Creek

#4565.134 Wed 9:00 - 9:50 am

Tennis Pro: R. Thomas

Montevelle

#4565.151 Thurs 6:45 - 7:45 pm

Montevelle

#4565.152 Sat 9:30 - 10:30 am

Montevelle

#4565.153 Sat 10:30 - 11:30 am

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation.

Instructor: P. Payne

Fee: \$55 for 10 weeks

or \$5 daily Resident

\$62 for 10 weeks

or \$7 daily Non-Resident

Ages: Adults

Heritage

#4100.101 Mon, Wed 7:00 - 7:45 pm

Heritage

#4100.102 Tues, Thurs 9:00 - 9:45 am

After School Tennis Lessons

These classes are for the beginner tennis player. A tennis racquet is required to participate. A maximum of 10 participants are allowed in the program. Call (619) 409- 5875 for more information. All classes meet for five weeks one day a week and have the same fee.

Instructor: R. Thomas

Fee: \$45 Resident

\$55 Non-Resident

Ages: Grades 1-3

Session 1A January 17 - February 14

Montevelle

#4578.151 Wed 3:30 - 4:20 pm

Session 1B February 21 - March 21

Montevelle

#4578.152 Wed 3:30 - 4:20 pm

Session 1C January 22 - February 19

Terra Nova Park

#5578.181 Mon 3:30 - 4:20 pm

Session 1D February 26 - March 26

Terra Nova Park

#5578.183 Mon 3:30 - 4:20 pm

Ages: Grades 4-6

Session 2A January 18 - February 15

Montevelle

#4578.153 Thurs 3:30 - 4:20 pm

RECREATION DEPARTMENT

The Heart of the Neighborhood

RECREATION



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Session 2B February 22 - March 22 Monteville

#4578.154 Thurs 3:30 - 4:20 pm

Session 2C January 16 - February 13 Terra Nova Park

#5578.185 Tues 3:30 - 4:20 pm

Session 2D February 20 - March 20 Terra Nova Park

#5578.187 Tues 3:30 - 4:20 pm

Ages: Grades 7-8

Session 3A January 17 - February 14 Monteville

#4579.155 Wed 4:30 - 5:20 pm

Session 3B February 22 - March 22 Monteville

#4579.156 Thurs 4:30 - 5:20 pm

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Eight-week course. Need dates here. Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: T. Robey

Fee: \$40 Resident
\$49 Non-Resident

Ages: 8-17, Beginning

Paseo Del Rey Park

#4230.181 Sat 9:00 - 9:50 am

Ages: 8-17, Intermediate

Paseo Del Rey Park

#4235.181* Sat 10:00 - 10:50 am

Ages: 13 and over, Advanced

Paseo Del Rey Park

#4240.182* Sat 11:00 - 11:50 am

*Prerequisite: Successful completion of beginning course and instructor approval.

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump towards advancement towards organized team basketball.

Instructor: Staff
Fee: \$35 Resident
\$45 Non-Resident

Ages: 8-10

Parkway

#4318.161 Thurs 4:15 - 5:05 pm

Monteville

#4318.150 Wed 3:30 - 4:20 pm

Community Youth Center

#4318.181 Fri 3:30 - 4:20 pm

Ages: 11-14

Monteville

#4318.151 Wed 4:30 - 5:20 pm

Community Youth Center

#4318.182 Fri 4:30 - 5:20 pm

Beginning Golf

These introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It is recommended that participants provide their own golf clubs but it is not required.

Instructor: B. Rice
Fee: \$180 Resident
\$225 Non-Resident

Ages: 4-17

Salt Creek

#4030.133 Tues 3:00 - 3:50 pm

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching with emphasis on upper and lower abdominals. Participants need to bring a towel or mat.

Instructor: J. Hickman
Fee: \$41 Resident
\$50 Non-Resident

Ages: Adults

Chula Vista Woman's Club

#4260.161 Tues 6:00 - 6:50 pm

Cardio-Kickboxing

Kick it into high gear. You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals. And you'll work on conditioning plus building cardio-vascular and muscle strength.

Instructor: G. Amen
Fee: \$30/Month Resident
\$37/Month Non-Resident

Ages: Adults

Veterans January

#4680.111 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans February

#4680.112 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans March

#4680.113 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Instructor: G. Amen / E. Sanz

Fee: \$15/Month Resident
\$18/Month Non-Resident

Ages: Adults

Monteville

January

#4680.150 Wed 6:30 - 7:30 pm

Monteville

February

#4680.151 Wed 6:30 - 7:30 pm

Monteville

March

#4680.152 Wed 6:30 - 7:30 pm

Cardio Salsa

This cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning Latin dance moves.

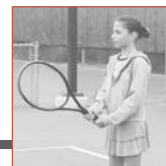
Instructor: C. Perez and staff
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Monteville

#4111.150 Tues 7:05 - 8:05 pm

Winter classes



fitness classes

Cheerleading Workshop

Learn the fundamentals of cheerleading including simple cheers and stunts.

Instructor: V. Mendoza

Fee: \$30 Resident
\$37 Non-Resident

Ages: 14 and under

Salt Creek

#4595.133 Wed 7:30 - 8:20 pm

Chula Vista Karate Club

Instructor: J. Hickman

Fee: \$30 Resident
\$37 Non-Resident

Ages: 5-11, Beginning

Chula Vista Woman's Club

#4310.161 Tues 4:00 - 4:50 pm

Ages: 5 and over, Intermediate

Chula Vista Woman's Club

#4315.161 Tues 5:00 - 5:50 pm

Fitness Fanatics

Kids will learn the importance of exercise and good eating habits for a healthy lifestyle. We will begin with a warm-up and light stretching. We will get our hearts pumping with 20 minutes of cardio conditioning and go on to build stronger bodies with safe and effective weight/resistance exercises and proper stretching techniques. At the end of each class participants will be given nutritional tips and "a quote of the day" to help promote a positive attitude.

Instructor: S. Fitch

Fee: \$35 Resident
\$43 Non-Resident

Ages: 10-13

Veterans

#9900.113 Tues 4:00 - 4:45 pm

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racket. These lessons are designed for beginner and intermediate levels. Call (619) 409-5875 for more information. Each session is five weeks.

Instructor: R. Thomas

Fee: \$60 Resident
\$60 Non-Resident

Ages: Grades 1-3

Session 4A January 17 - February 14
Monteville

#4580.151 Wed 5:30 - 6:20 pm

Session 4B February 21 - March 21
Monteville

#4580.152 Wed 5:30 - 6:20 pm

Session 4C January 19 - February 16
Monteville

#4580.153 Fri 3:30 - 4:20 pm

Session 4D February 23 - March 23
Monteville

#4580.154 Fri 3:30 - 4:20 pm

Ages: Grades 4-6

Session 5A January 18 - February 15
Monteville

#4580.155 Thur 5:30 - 6:20 pm

Session 5B February 22 - March 22
Monteville

#4580.156 Thur 5:30 - 6:20 pm

Session 5C January 19 - February 16
Monteville

#4580.157 Fri 4:30 - 5:20 pm

Session 5D February 23 - March 23
Monteville

#4580.158 Fri 4:30 - 5:20 pm

Ages: Grades 7-9

Session 6A January 17 - February 14
Monteville

#4581.150 Wed 6:30 - 7:20 pm

Session 6B February 21 - March 21
Monteville

#4581.151 Wed 6:30 - 7:20 pm

Session 6C January 19 - February 16
Monteville

#4581.152 Fri 6:30 - 7:20 pm

Session 6D February 23 - March 23
Monteville

#4581.153 Fri 6:30 - 6:20 pm

Gymnastics I

This is a progressive, level-based program that is patterned after the program used by the United States Gymnastics Federation. Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. Gymnastics I is designed for the beginning tumbler.

NOTE: Successful completion of Preschool Tumbling or approval of instructor is required for those under 6 years of age.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

Loma Verde

#4105.121 Sat 10:00 - 10:50 am

Monteville

#4320.150 Fri 4:00 - 4:50 pm

Veterans

#4105.111 Wed 4:00 - 4:50 pm

Veterans

#4105.112 Wed 5:00 - 5:50 pm

Gymnastics II & III

Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullover on the bar.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

Loma Verde

#4105.122 Sat 11:00 - 11:50 am

Monteville

#4320.151 Fri 5:00 - 5:50 pm

Boys Gymnastics (All Levels)

Ages: 5 and over

Loma Verde

#4105.123 Sat 12:00 - 12:50 am



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments.

Instructor: J. Villanueva
Fee: \$95 Resident
\$118 Non-Resident

Ages: 5-12

#4590.350 **Salt Creek**
Tues 6:00 - 7:00 pm

Instructor: J. Villanueva
Fee: \$115 Resident
\$144 Non-Resident

Ages: 8-16

#4590.130 **Salt Creek**
Wed 6:00 - 7:00 pm

Jiu-jitsu

Get in great shape and at the same time learn self-defense. Learn how to defend yourself standing and on the ground. This class will teach you striking, take-downs, and how to control your opponent on the ground. Great exercise and lots of fun.

Fee: \$37 Resident
\$47 Non-Resident

Ages: 5-12

#4634.101 **Salt Creek**
Tues 7:00 - 7:50 pm

#4634.102 **Salt Creek**
Tues 8:00 - 8:50 pm

Judo

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program include uniform and federation fees.

Instructor: M. Ozaki and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 5 - Adult

Beginning

#4360.181 **Community Youth Center**
Tues 7:00 - 7:50 pm

#4360.182 **Community Youth Center**
Thurs 7:00 - 7:50 pm

#4360.134 **Salt Creek**
Wed 7:00 - 7:50 pm

Advanced

#4365.181 **Community Youth Center**
Tues 8:00 - 8:50 pm

#4365.182 **Community Youth Center**
Thurs 8:00 - 8:50 pm

#4365.134 **Salt Creek**
Wed 8:00 - 8:50 pm

Karate 101

Instructor: G. Amen
Fee: \$37 Resident
\$44 Non-Resident

Ages: 6 and over

#4350.141 **Otay**
Tues 6:00 - 7:00 pm

#4350.150 **Monteville**
Wed 5:30 - 6:30 pm

Karate-Do

Instructor: A. Lopez
Fee: \$30 Resident
\$40 Non-Resident

Ages: 5-11, Beginning

#4320.133 **Salt Creek**
Tues 4:00 - 4:50 pm

#4320.135 **Salt Creek**
Thurs 5:00 - 5:50 pm

Ages: 12 and over, Intermediate

#4320.136 **Salt Creek**
Thurs 6:00 - 6:50 pm

Lunch Hour Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez
Fee: \$42/month or \$5/daily Resident
\$52/month or \$7 daily Non-Resident

Ages: Adults

#4112.463 **Parkway** Dec, M, W, Th 12:00 - 12:50 pm
#4112.161 Jan, M, W, Th 12:00 - 12:50 pm
#4112.162 Feb, M, W, Th 12:00 - 12:50 pm
#4112.163 Mar, M, W, Th 12:00 - 12:50 pm

Monteville Pilates

Sign your little one up for the Tiny Tots program and relax through this low impact full body stretch and conditioning class. Learn proper breathing technique and alignment. Focus on toning your abs and thighs. Mat required.

Instructor: F. Alvarez
Fee: \$40/month or \$7/per class Resident
\$49/month or \$9 per class Non-Resident

Ages: 16 and over

#4101.150 **Monteville** Jan, Tu, Th 9:10 - 10:00 am
#4101.151 Feb, Tu, Th 9:10 - 10:00 am
#4101.152 Mar, Tu, Th 9:10 - 10:00 am

Monteville Evening Pilates

Relax through this low-impact full body stretch and conditioning class. Under the instruction of a personal fitness trainer, learn proper breathing technique and alignment.

Instructor: F. Alvarez
Fee: \$25/month or \$7/per class Resident
\$30/month or \$9 per class Non-Resident

Ages: 14 and over

#4102.150 **Monteville** Jan, Thur 8:00 - 8:50 pm
#4102.151 Feb, Thur 8:00 - 8:50 pm
#4102.152 Mar, Thur 8:00 - 8:50 pm

Winter classes



fitness classes

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over

Otay

#4620.148 M, W, F 9:30 - 11:00 am

Okinawa-Karate

Instructor: S. Ingalls
Fee: \$31 Resident
\$39 Non-Resident

Ages: 5-11, Beginning

Community Youth Center

#4320.181 Thurs 5:30 - 6:20 pm

Loma Verde

#4320.122 Tues 5:00 - 5:50 pm

Ages: 12 and over, Beginning/Intermediate

Community Youth Center

#4325.183 Thurs 6:30 - 7:20 pm

Loma Verde

#4325.124 Tues 6:00 - 6:50 pm

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Registration for the classes below will only be accepted at the Otay Recreation Center.

Quarterly Memberships:

1. Jan 1 - Mar. 31
2. April 1 - June 30
3. July 1 - Sept. 30
4. Oct 1 - Dec. 31

Adult Fitness Membership. Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident
\$50 Non-Resident

Ages: 15 and over

#4620.145 Otay

Parkway Morning Aerobics Combo

Want a great workout? Then join the cardio kickboxing/high-low impact aerobics classes. All levels are welcome. Burn fat, get fit and feel great. And parents, you can enroll your kids in the tiny tots classes and get a workout at the same time.

Instructor: L. Landry

Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway

#4319.461 Dec, M,W,F 9:15 - 10:45 am

#4319.161 Jan, M,W,F 9:15 - 10:45 am

#4319.162 Feb, M,W,F 9:15 - 10:45 am

#4319.163 Mar, M,W,F 9:15 - 10:45 am

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer.

Instructor: N. Kelsey

Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway

#4320.463 Dec, M, Th 5:30 - 6:30 pm

#4320.161 Jan, M, Th 5:30 - 6:30 pm

#4320.162 Feb, M, Th 5:30 - 6:30 pm

#4320.163 Mar, M, Th 5:30 - 6:30 pm

Pilates

Classes meet on a monthly basis. Classes begin on January 3, 2007. Choose an option that works best for you.

Instructor: F. Alvarez

Option 1:

Fee: \$40/Month or \$7/Class Resident
\$50/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.131 M, W 8:00 - 8:50 am

Option 2:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.134 Wed 8:30 - 9:20 pm

Option 3:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.137 Sat 8:00 - 8:50 am

Power Kickboxing

Mixed Martial Arts class for all students. Includes boxing, kickboxing, karate, kung fu, and grappling. There will also be advance aerobic and anaerobic conditioning which includes running, jump rope, and strength training. This class will be held indoors and outdoors.

Instructor: G. Amen

Fee: \$70 Resident
\$90 Non-Resident

Ages: 18 and over

Veterans

Mon 6:00 - 7:30 pm
Sat 9:30 - 11:30 am

#4680.114 January

#4680.115 February

#4680.116 March



Class Dates - All classes are 10 weeks from January 16 - March 26, unless otherwise noted.

Power Yoga

Combines the elements of strength, balance, composure and flexibility to provide a "sweaty, aerobic form of yoga." This process produces intense internal heat and profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

Instructor: S. Sutherland

Fee: \$35/month or \$3/per class Resident
\$44/month or \$4 per class Non-Resident

Ages: Adult

	Salt Creek	
#4330.433	Wed	8:15 - 9:00 am
	Salt Creek	
#4330.434	Fri	8:00 - 8:45 pm

Pre-Natal Yoga

For moms-to-be who are between 5 and 8 months pregnant. Pre-natal yoga prepares you to be physically and emotionally ready for childbirth, targets specific body areas and muscles, and emphasizes gentle stretching toning and strengthening. Uses breathing techniques for relaxation and stress release. All participants need a doctor's clearance to participate.

Instructor: B. Nunez-Rosas
Fee: \$51 Resident
\$63 Non-Resident

	Veterans	
#4020.111	Jan	
	Mon	10:00 - 11:00 am
	Thurs	6:00 - 7:00 pm
	Veterans	
#4020.112	Feb	
	Mon	10:00 - 11:00 am
	Thurs	6:00 - 7:00 pm
	Veterans	
#4020.113	March	
	Mon	10:00 - 11:00 am
	Thurs	6:00 - 7:00 pm

Qigong and Tai Chi Exercises

Calm your mind, life your spirits and strengthen your body through the basics of Chinese internal and martial arts. Movements, positions and stretches are practiced according to traditional principles for balance, coordination, muscle tone, bone maintenance, breathing, joint flexibility, and healthy organ function.

Instructor: L. Lowe

Fee: \$45/Month or \$6/Class Resident
\$53/Month or \$8/Class Non-Resident

Ages: Adults

	Otay	
#4640.141	Jan, Tu, Th	6:00 - 7:00 pm
#4640.142	Feb, Tu, Th	6:00 - 7:00 pm
#4640.143	Mar, Tu, Th	6:00 - 7:00 pm

Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through choreographed sequence of combative and defense movements, controlled sparring, as well as, punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, self-control, indomitable spirit.

Instructor: P. Payne
Fee: \$30 Resident
\$36 Non-Resident

	Heritage	
#4830.101	Wed	6:00 - 6:50 pm
	Instructor: D. Russell	
	Fee: \$21 Resident	
	\$32 Non-Resident	

Ages: 5 and over

	Veterans	
#4831.111	Wed, Fri	6:30 - 7:30 pm
	Sat	12:00 - 1:00 pm

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace, elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment.* Instructor is a former Russian Olympic coach and rhythmic gymnast.

*Class content is changed each session. Clothing requirement: Black leotard and black pants (jazz pants or any lycra pants) and ballet shoes.

Instructor: A. Zubkis
Fee: \$69 Resident
\$86 Non-Resident

Girls / Women Only

	Salt Creek	
#6140.130	Wed	4:00 - 5:00 pm

Ages: 9 and over

	Salt Creek	
#6140.134	Wed	5:00 - 6:00 pm

Rockin' Sports

Students will learn the basics of a variety of sports. Emphasis is on fun and learning about good sportsmanship.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-10

	Monteville	
#4316.150	Mon	3:30 - 4:30 pm

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment and free weights. Fitness specialists are available to help you with your workouts. Participation is by membership only. Fitness center hours Monday through Saturday, 8 am to 9:45 pm and Sunday, 12 - 4:45 pm.

Fee: \$25 Resident for 3 months
\$50 Non-Resident for 3 months

Shito-Ryu Karate

Karate is a great way to stay in shape, relieve stress and give you confidence. Learn self-defense skills while having fun.

Instructor: J. Martinez
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over

	Monteville	
#4430.150	Thurs	7:00 - 7:50 pm

Ages: 5 and over

	Salt Creek	
#4430.133	Wed	3:30 - 4:20 pm
	Salt Creek	
#4330.130	Wed	4:30 - 5:20 pm
	Salt Creek	
#4330.134	Wed	5:30 - 6:20 pm
	Salt Creek	
#4330.137	Sat	9:30 - 10:20 am

Winter classes



fitness classes

Shito-Ryu Youth Safety Karate

Put children in touch with their bodies and help build coordination, agility, strength, poise, and safety skills.

Instructor: J. Martinez

Fee: \$70 Resident
\$84 Non-Resident

Ages: 8-14

Montevelle

#4430.150 Thurs 3:00 - 3:50 pm
Sat 9:30 - 10:20 am

Fee: \$40 Resident
\$49 Non-Resident

Montevelle

#4330.152 Thur 4:30 - 5:30 pm

Step and Sculpt

This fun and high energetic class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels.

Instructor: L. Landry

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: Adults

Montevelle

#4311.152 Jan, Tu, Th 10:30 - 11:30 am

#4311.153 Feb, Tu, Th 10:30 - 11:30 am

#4311.154 Mar, Tu, Th 10:30 - 11:30 am

Table Tennis / Ping Pong

Parents must register and accompany children under 8 years of age.

Fee: \$38 Resident
\$48 Non-Resident

Salt Creek

#4147.134 Wed 4:00 - 4:50 pm

Salt Creek

#4147.135 Wed 5:00 - 5:50 pm

Ages: Seniors

Salt Creek

#4157.136 Wed 1:30 - 3:00 pm

Taekwondo

Instructor: S. Juare

Fee: \$30/Month Resident
\$36/Month Non-Resident

Ages: 7 - Adult

Community Youth Center

#4381.484 Dec, M, W 4:30 - 6:00 pm

#4381.180 Jan, M, W 4:30 - 6:00 pm

#4381.182 Feb, M, W 4:30 - 6:00 pm

#4381.184 Mar, M, W 4:30 - 6:00 pm

Taekwondo, Olympic Style

Designed to help you master Taekwondo. Improve fitness through physical, mental, and philosophical exercise of the mind and body.

Instructor: J. Martinez

Fee: \$50 Resident
\$61 Non-Resident

Ages: 5 and over

Montevelle

#4330.154 Thurs 6:30 - 7:30 pm

Tang Soo Doo - Karate

Instructor: G. Amen

Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Veterans

#4350.111 Mon, Thurs 5:15 - 6:15 pm

Sat 9:30 - 10:30 am

Trataka Yoga

Lengthen and tone your muscles with this matwork class. Students will sculpt long, lean muscles, and improve overall flexibility.

Instructor: F. Rosas

Fee: \$42/Month Resident
\$52/Month Non-Resident

Ages: Adults

Heritage

#4322.101 Jan, M, W 6:45 - 7:45 pm

#4322.102 Feb, M, W 6:45 - 7:45 pm

#4322.103 Mar, M, W 6:45 - 7:45 pm

Veterans

#4010.111 Jan, Tu, Th 7:00 - 8:00 pm

#4010.112 Feb, Tu, Th 7:00 - 8:00 pm

#4010.113 Mar, Tu, Th 7:00 - 8:00 pm

Wide World of Sports

Travel around the world with fellow sports nuts as we cheer on the home team, no matter what continent we're on. We'll look at some popular American past times as well as learn the tricks of the trade when it comes to our overseas friends' sports. Bring your running shoes and game faces for this one. You are sure to "have a ball."

Instructor: Staff

Fee: \$30 Resident
\$38 Non-Resident

Ages: 8-13

Veterans

#4622.111 Thurs 4:00 - 5:00 pm

Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$25 Resident
\$30 Non-Resident

Ages: Adults

Montevelle

#4010.150 Sat 9:00 - 10:00 am

Montevelle

#4010.151 Thurs 6:30 - 7:30 pm

Salt Creek

#4112.132 Mon 6:30 - 7:20 pm

Salt Creek

#4113.134 Wed 6:30 - 7:20 pm

Youth/Teen Fitness

The main goal of this 8-week program is to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

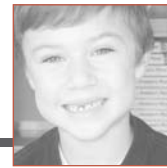
Fee: \$15 Resident
\$18 Non-Resident

Ages: 10-17

Otay

#4620.141 Mon, Wed 4:00 - 5:00 pm

After School Programs



Middle School

Rosemary Brodbeck
Recreation Supervisor II
(619) 691-5052

Club TC (Teen Connection) After School Program

The Chula Vista Recreation Department, in conjunction with the Sweetwater School District, is conducting after school programs at six middle schools in the city. The program is FREE to participants. Activities include: sports, crafts, homework help, games, special events, field trips, specialized classes, and much more.

Bonita Vista Middle School

Mon - Thurs 3:10 - 5:10 pm
Fri 12:50 - 2:50 pm

Castle Park Middle School

Mon - Fri 3:15 - 6:15 pm

Chula Vista Middle School

Mon - Thurs 3:15 - 6:15 pm
Fri 1:25 - 6:15 pm

Eastlake Middle School

Mon - Thurs 3:15 - 5:15 pm
Fri 12:00 - 2:00 pm

Hilltop Middle School

Mon - Thurs 3:15 - 5:15 pm
Fri 12:40 - 6:15 pm

Rancho Del Rey Middle School

Mon - Thurs 2:40 - 4:40 pm
Fri 12:15 - 2:15 pm

Mobile Recreation Program

New drop in recreational opportunities coming to your neighborhood! The City of Chula Vista Recreation Department will be offering a Mobile Recreation Program, call "Rec 'N Roll."

'REC N ROLL' is a 14-foot self-contained truck that will serve as a 'community center on wheels'. It is complete with cabinets overflowing with supplies like basketballs, soccer balls, board games, art & crafts supplies and more.

This is a FREE drop-in recreational pro-

gram offered to children K-8, and held at various community sites. The program hours of operation, and locations nearest you are:

Harborside Park

(next to Harborside Elementary)

Mon, Wed, Fri 3:00 - 5:00 pm

For additional information, please call:

Rec 'N Roll Program
Rosemary Brodbeck
Recreation Supervisor II
(619) 691-5052

Elementary School



DASH (Dynamic After School Hours)

Ages: 1st - 6th Grade

The City of Chula Vista, in cooperation with the Chula Vista Elementary School District, conducts the DASH Program at 25 elementary school playgrounds. DASH offers sports clinics (soccer, track and field, lacrosse, and field hockey), arts and crafts, cooperative/initiative games, and traditional playground games.

DASH program leaders conduct structured activities for approximately 50 children each day. The program operates Monday through Friday, on school days only, for 2 hours from the lower grade dismissal time. The program runs for 3 hours on schools' regularly scheduled minimum days.

New enrollment procedures for DASH started this school year. A lottery system has been implemented. If you missed the lottery enrollment, you will still be able to add your name to the existing waiting list. Ask a DASH Leader to add your name to the list. You will NOT need to fill out an application form at that time. Information is also available at www.chulavista.library.com.

For more information, please contact

DASH Program Supervisors, Keith Quigley at (619) 585-5779, Audra White at (619) 585-5730, or Celica Leon at (619) 585-5756.

Allen	Arroyo Vista
Casillas	Clear View
Cook*	Discovery
Chula Vista Hills	EastLake
Halecrest	Hedenkamp
Heritage	Hilltop*
Kellogg	Liberty
Marshall	McMillin
Olympic View	Parkview
Palomar*	Greg Rogers
Rosebank	Salt Creek
Tiffany	Valle Lindo*
Veterans	

*DASH Plus sites: these sites offer expanded hours and programming, including homework centers, thanks to additional grant funding.



STRETCH

(Safe Time for Recreation Enrichment and Tutoring for Children)

STRETCH is a literacy and art enrichment program offered as an extension of the school day for 1st - 6th graders. The program is a partnership between the City of Chula Vista and the Chula Vista Elementary School District.

STRETCH is designed to give an academic boost to students who need it most by providing them with a stimulating, literacy-rich after-school environment. Parents enroll their children through the participating schools. Enrollment is limited to 60-100 students per school. Waiting lists will be maintained. For more information contact the School Site Coordinators at each school or the STRETCH Supervisor, Christy Bystrak at (619) 585-5721. STRETCH is offered at the following seven schools:

Harborside	Lauderbach
Loma Verde	Montgomery
Mueller	Otay Rice

Adult Sports



Adult Leagues

(619) 409-3871

Tim Farmer, Recreation Supervisor II
(619) 409-5893

Ted Nelson, Recreation Supervisor III
(619) 409-5892

Registration will be held at the **Monteville Recreation Center** for the following leagues **January 8 - February 2**. Registration is on a first come, first served basis. Informational meetings will be held after the registration period. Individuals may contact the Athletics office to be included on a player referral list given to teams needing players. Placement is not guaranteed, but every effort will be made to place interested individuals on teams. **Note: league entry fees subject to change.**

Co-ed, Men's, and Women's Slow-Pitch Softball

Games played weeknights at Monteville, Veterans, Discovery, Eucalyptus, Rohr, and Chula Vista Community Parks beginning the week of February 12, 2007.

Entry Fees: per team
8-10 game schedule
\$380 Resident \$465 Non-Resident

Men's 5-on-5 Spring Football

Games will be played Tuesday nights under the lights at Monteville Park beginning February 13, 2007.

Entry Fees: per team
8-10 game schedule includes referees
\$330 Resident \$415 Non-Resident



Men's Spring Basketball

Games will be played at the Monteville Recreation Center on Wednesday evenings beginning February 14, 2007.

Entry Fees: per team
8-10 game schedule includes referees
\$410 Resident \$515 Non-Resident

40+ Men's Spring Basketball

Games will be played at the Salt Creek Recreation Center on Wednesday evenings beginning February 14, 2007.

Entry Fees: per team
8-10 game schedule includes referees
\$410 Resident \$515 Non-Resident

Men's, Women's, and Co-Ed Arena Soccer

Games will be played at the Salt Creek Community Center Soccer Arena beginning February 12, 2007. Men's Open Division will be played on Monday evenings. Men's Recreational Division will be played on Thursday evenings. Co-ed Recreational Division will be played on Saturday evenings. Women's Open Division will be played on Tuesday evenings. Game days subject to change.

Entry Fees: per team
8-10 game schedule
\$450 Resident \$550 Non-Resident
Fees include referees plus \$50 refundable lost ball deposit.



Co-Ed Volleyball

Games will be played at the Monteville Recreation Center on Tuesday evenings beginning February 13, 2007.

Entry Fees: per team
8 - 10 game schedule includes referee
\$180 Resident \$225 Non-Resident

Adult Dodgeball

Join the hottest craze in America and get ready to dodge, dive, dip, duck, and dodge. Games will be played on Monday nights at the Monteville Community Center beginning February 12, 2007.

Entry Fees: per team
16-20 game schedule includes referee
\$180 Resident \$225 Non-Resident

Senior Softball

Softball activities for players ages 50 and older are conducted weekly at Eucalyptus Park, located at Fourth Avenue and C Street.

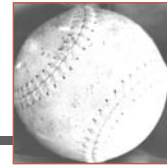
Practice 50 and over
Mon 9:00 am - 12:00 pm

Competitive League 55 and over
Tue, Fri 9:00 am - 12:00 pm

Recreational League 50 and over

For further information, please call Roger Delisle at 422-4551.

Youth Sports



James Northum, Recreation Supervisor II
(619) 691-5084

Ted Nelson, Recreation Supervisor III
(619) 409-5892

The purpose of the Youth Sports Program is to teach youngsters sports fundamentals. All activities are open to both experienced and inexperienced players. Instruction is coordinated to allow all players to learn the same basic skills. The primary goal of the youth program is to encourage participation and sportsmanship. All participants, parents and guests are expected to adhere to the code of conduct distributed with league materials and posted at all facilities.

Co-ed Indoor Soccer

The Recreation Department will be conducting two Coed Indoor Soccer leagues for the spring season. Both leagues will be run with the same rules and regulations, and you may sign up for either league. Practices and games for the eastern league will be held east of I-805, while the western league will take place west of I-805. Please call the Youth Athletics office at (619) 691-5084 for further information. All games will be played on Saturdays, beginning March 31, 2007. There will be four age divisions, according to the year in which the child was born. All teams are COED. Requests for children to be placed on the same team for car pool reasons and requests for specific coaches and/or practice days/times cannot be honored. The program features fundamentals of the game.

Age Divisions:

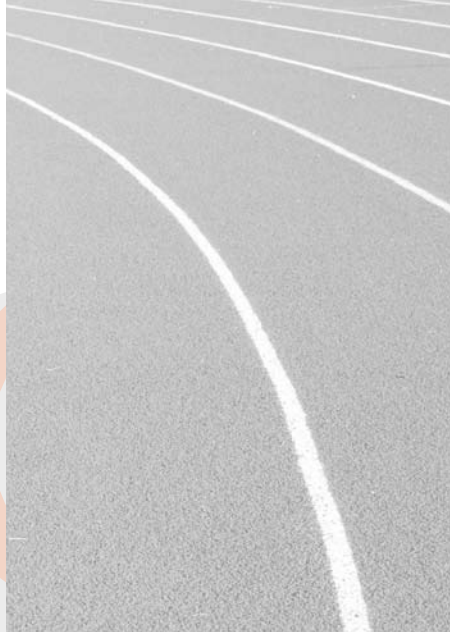
- A - Born 1992 - 1994
- B - Born 1995 - 1996
- C - Born 1997 - 1998
- D - Born 1999 - 2000

Mail-in Registration: Feb 12 - 17

Late Walk-in Registration:

Feb 26 - March 16

Fees: \$30 Resident
\$38 Non-Resident



Chula Vista Fitness Club

The City of Chula Vista Fitness Club is for boys and girls born between 1992 and 2000. The Club will focus on fitness as well as teach the fundamentals of starting, sprinting, distance running, warming up and warming down as well as long jump, softball throw, and training techniques. The club will meet at a local track facility or recreation center beginning March 7, 2006. Each Club member will receive a Team T-shirt.

Mail-in Registration: Feb 12 - 17

Late Walk-in Registration:

Feb 26 - March 16

Fees: \$30 Resident
\$38 Non-Resident

Youth Sports Certification Program

This free program is designed to prepare youth for employment with the City's Recreation Department. Participants learn to operate scoreboards and timing equipment, and develop an understanding of fundamental rules and regulations of various athletic activities. Call the Athletics Office at (619) 691-5084 for more information.



We Need Volunteer Coaches!

The Athletics Section is currently recruiting volunteers to serve as coaches for the youth indoor soccer program. Training is provided. All volunteer coaches are fingerprinted and screened by the Department of Justice in accordance with California State law. Interested individuals, please call (619) 691-5084.

Mail-in Registration

These activities have separate registration forms that may be picked up at any Recreation Center in the City of Chula Vista. The forms are available one week prior to the start of mail-in registration. Please DO NOT register using the forms in this brochure.

Walk-in Registration

All registrations for youth sports programs will be taken on the dates specified for each activity at:

Parkway Gymnasium,
385 Park Way
Monday - Friday 2 - 7 pm

Online Registration

Register for selected activities via the Internet. Please go to: www.chulavistaca.gov/rec for more info.

All registrations are processed on a first come, first served basis. There are NO REFUNDS for these activities. Financial assistance is available on a limited basis.

Therapeutics



Carmel Wilson C.T.R.S.
Recreation Supervisor II
(619) 409-5800

Annual \$40 Resident
Membership Fee: \$50 Non-Resident

Membership runs Sept '06 - Aug '07.
Includes a T-shirt plus discounted admission to dances, field trips and programs.

Mail fee to: City of Chula Vista
Therapeutics Section, 276 Fourth Avenue
Chula Vista CA 91910

Want to Help?

The Therapeutics Section provides an opportunity for individuals to help with activities and programs. (619) 409-5800.

Kids Included Together (KIT)

KIT is a nonprofit organization designed to support programs that serve children with disabilities. We are pleased to announce that the City Of Chula Vista Recreation Department has been awarded Alumni Status for the upcoming year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

Club Rec

Join us for a new Sports Program! This program will focus on a different sport each week and will include warm-up exercises and stretching. Participants will learn rules, offense and defense of a sport. Improve your motor skills and coordination while having fun playing. Call to register or see bi-monthly calendar for selected dates.

Ages: 6 - Adult

Chula Vista Woman's Club
Thurs 6:00 - 8:00 pm

Do Drop In *New Program!*

This drop in program is for people who want to hang out, relax and socialize at the rec center. Activities include arts & crafts, game room, and gymnasium play. Drop in two times per month. See bi-monthly calendar for selected dates. **Free**

Ages: 6 - Adult

Parkway Community Center
Tues 5:00 - 7:00 pm

Mark Your Calendars for these Special Events:

Holiday Dance - December 16
Sweethearts Dance - February 10

Cooking Class *New Program!*

Join our newly structured healthy cooking class. Class will meet twice a month and focus on table set-up, food preparation, nutrition education and clean up skills. **Call to register, class size is limited.**

Fees: \$2 Members
\$4 Resident
\$5 Non-Resident

Ages: 6 - Adult

Parkway Community Center

Nov 18	11:00 am - 1:00 pm
Dec 2, 9	11:00 am - 1:00 pm
Jan 13, 20	11:00 am - 1:00 pm
Feb 17, 24	11:00 am - 1:00 pm

Freestyle Dance Class

Learn basic hip-hop steps, line dances, and new dance steps to your favorite tunes in this 8 week class. It's a fun way to exercise! Designed for individuals with developmental disabilities. Pre-registration is highly recommended.

Fees: \$20 Members
\$24 Resident
\$30 Non-Resident

Ages: 6 and up

Chula Vista Woman's Club

Jan 17 - March 7
Wed 6:00 - 7:00 pm

Adaptive Fitness

This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun yet challenging and include strength training, toning and cardiovascular work. Registration required. Quarterly Fee (includes gym membership at Otay):

Fees: \$42 Resident
\$53 Non-Resident

Ages: 16 and up

Otay Recreation Center

M, W, F 9:30 - 11:00 am

Wheely Sports

This free wheelchair sports program is designed for the active, sports-minded individual with permanent physical disabilities. Group meets three times per month. See calendar for specific dates. Call (619) 409-5800 to register.

Ages: 6 and up

Otay Recreation Center

Wed 4:30 - 6:30 pm

Sunday Leisure Bowling

Come join the Winter Leisure Bowling crowd. Our 10-week bowling session is designed for active children, teens and adults with developmental or physical disabilities.

Fees: \$22 Members
+ \$6 weekly bowling fees.
\$25 Resident
+ \$6 weekly bowling fees.
\$31 Non-Resident
+ \$6 weekly bowling fees.

Ages: 6 - Adult

Brunswick Premier Lanes, 845 Lazo Court.

Feb 18 - April 29

Hand Cycling

This 5-week introduction to Hand Cycling is for children with physical disabilities. Learn an adaptive outdoor sport while increasing strength and endurance.

Fees: \$15 Resident
\$18.75 Non-Resident

Greg Rogers PTA will pay the fees for any student that would like to do this program.

Ages: 7-14

Greg Rogers Elementary School

510 East Naples Street
Feb 6 - March 6
Tues 3:30 - 5:30 pm

Inter-Session Camp Sunrise

Camp Sunrise is a day camp for children, teens, and adults with developmental disabilities. Campers will have the opportunity to develop leisure skills, socialize with peers and learn new camp activities.

Fees: \$125 Resident
\$156.25 Non-Resident

Ages: 6 - Adult and 6 - 16 years

Parkway Community Center

April 2007

"Futures" Sports Programs

The "Futures" wheelchair sports program is geared for children who have permanent physical disabilities. Participants will learn basic ball handling skills, passing and dribbling, improve wheelchair maneuvering skills, enhance their upper body strength and interact with their peers. For more information or to enroll call (619) 962-9229.

Fees: \$10 per month

Ages: 4 - 8

Parkway Community Center

Dates TBD Sat 9:30 - 11:00 am

Aquatic Programs



Loma Verde Pool 691-5081

1420 Loma Lane

Loma Verde Pool will be closed

Dec 4, 2006 - Jan 1, 2007

Parkway Pool 691-5088

385 Parkway

Parkway Pool will be closed

Jan 2 - 28, 2007.

Saturday programs available at Loma Verde during closure.

Single Use Pool Admission Fees

Adult \$3 or \$24 for 10 visit pass

Senior \$2 or \$18 for 10 visit pass

Child \$2

Pass Fees

Passes are valid at both facilities.

Annual passes are valid from the date of purchase. Quarterly passes expire at the end of each quarter, and fees cannot be prorated. Quarterly passes are available for Jan-March; April-June; July-Sept; Oct-Dec.

Adult Quarterly: \$50 Resident
\$75 Non-Resident

Adult Annual: \$175 Resident
\$263 Non-Resident

Senior Quarterly: \$40 Resident
\$60 Non-Resident

Senior Annual: \$135 Resident
\$203 Non-Resident

Lap Swim

Lap swimming is an excellent workout for everyone from the aquatic enthusiast to the occasional swimmer. Adults and seniors are welcome to swim laps or aqua jog in a comfortable, outdoor, heated pool setting.

Loma Verde Pool

Mon - Fri 6:00 - 8:00 am (long course)

Mon - Fri 11:00 am - 1:00 pm

Parkway Pool

Mon - Fri 6:00 - 8:00 am

Mon - Fri 11:00 am - 1:00 pm

Saturday 10:30 am - 12:00 pm

December 10:30 am - 1:30 pm

Recreational Swim

Families are encouraged to use the pool for supervised aquatic fun.

Parkway Pool

shallow end only

Saturday

9:00 am - 12:00 pm

3rd Annual Dog-on Wet and Wild Pool Party

Dogs of all ages and abilities are invited to participate in a fun day of aquatic activities. *Splash Dogs* will host competitive activities so you will know whether your dog has what it takes to be the next star on ESPN. Games and prizes will be provided.

Loma Verde Pool

Dec 3 10:00 am - 1:00 pm

American Red Cross Classes

Registration fees do not include the cost of textbooks, materials, and certification fees payable to the Red Cross. For more information, including on-line registration, visit www.chulavistaca.gov/rec or contact the host pool.

Lifeguard Training \$60

Parkway Pool Feb 6 - March 10

Loma Verde Pool March 24 - April 6

Lifeguard Instructor Training \$60

Loma Verde Pool Jan 18 - 27

Water Safety Instructor \$150

Parkway Pool Dec 16 - 22

Call (619) 691-5081 or (619) 691-5088 for details and exact times and dates.

Private Swimming Lessons

Private and semi-private swimming lessons are available for all ages and abilities. This is an affordable opportunity to receive instruction from our most experienced teachers. Contact the pool of your choice for availability. Cost is \$150 for five private lessons of 45 minutes each.

Splash Party Pool Rentals

City of Chula Vista swimming pools can be rented for birthday parties, company gatherings, special events, or school activities. Consider renting the pool as an affordable option for your next special event. Contact the pool of your choice for availability. Cost is \$98 per hour for Residents.

Swim Baja

Lap swimmers are encouraged to track their swimming yards as they embark on a virtual trip through Baja. Mileage is recorded and prizes are available when swimmers reach major milestones.

Water Aerobics

Designed for those individuals who are in rehabilitation, have back problems, arthritis or are looking to achieve cardio-respiratory fitness. Participants will benefit from using the natural resistance and buoyancy of water to avoid subjecting the body to the stress and impact of walking or running on land.

Instructor: P. Hagel

Resident Fee: \$30/10 swims or \$4 per visit

Non-Resident : \$35/10 swims or \$5 per visit

Loma Verde Pool

Shallow Water Exercise

M, W, F 11:00 am - 12:00 pm

Deep Water Exercise

M, W, F 12:00 - 1:00 pm

Adult Water Polo

A structured water polo practice, including scrimmages. Competitive water polo experience is not required, however, this is a dynamic and highly physical sport so strong swimming skills and the ability to tread water are necessary. An emphasis is placed on the review of fundamental skills, including passing, strategy, and defense.

Coach: R. Gonzalez

Fee: \$6 per practice

Parkway Pool

Sat 9:00 - 10:30 am

Master's Swim Program

A structured workout for swimmers, including stroke refinement. An emphasis is placed on mastering the four racing strokes, starts, turns and finishes. For more information contact Loma Verde Pool at (619) 691-5081.

Senior Services



norman park center

270 F Street 691-5086

Karen Harvell, Recreation Supervisor III

Kathy Wigginton, Recreation Supervisor II

From educational courses to health programs to exercise, there's a class or event for just about everyone at a time that fits your schedule. Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting, world affairs, casual crafters, drawing, longevity stick, conversational Spanish, Chinese, AARP Driving Safety Program and bridge. Dancers, from beginners to advanced, will enjoy line, square, round and ballroom dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. Go to the City's website or www.lifeoptionssouthbay.com Recreation Page to see complete program.

Fitness Center

Norman Park has treadmills, elliptical trainers, a stationary bike, strength equipment, and weights. Some equipment is wheelchair accessible. Certified trainers are on site to instruct.

Mon, Wed	10:30 am - 1:00 pm
Tues, Thurs, Fri	9:00 am - 1:00 pm
Mon - Thurs	5:00 - 7:00 pm
Sat	9:00 - 11:00 am

Orientation required.

Membership Fee: \$25 per quarter
Orientation by appointment only.

#4100.171 Jan - Mar

Circuit Training

Offered in conjunction with Chula Vista Adult School.

Fee: \$25 Resident

September - January

#4200.471 Mon, Wed 9:10 - 9:40 am

#4200.471 Mon, Wed 9:45 - 10:15 am

Volunteer Opportunities

The Senior Program has numerous opportunities for volunteers to work with staff to develop and oversee programs and services. A great opportunity! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

Newcomer Orientation

Newcomer orientation takes place on the first Thursday of each month at 11am.

Life Options Annex

www.lifeoptionssouthbay.com

Hours: Mon/Tues/Thurs, 9am-3pm

Through the Annex and the Life Options South Bay website, people age 50 and older can learn about opportunities for civic engagement, education, recreation, health activities, and employment possibilities. The goal of this "one stop shop" is to provide persons nearing or in retirement with information and referrals and to bring community members together. For more information call (619) 691-9774.

Live Long, Live Well

These programs, offered through Life Options, are designed to be both educational and entertaining. Presentations will be held at the Chula Vista Civic Library, one Saturday a month.

Eat Smart, Feel Great

"You are what you eat." Anna Solis MPH, a certified health educator, will speak about types and sources of nutrients, including phytochemicals, functional foods, and unbalanced/fad diets.

January 20 10:30 am - 12:30 pm

Social Security: There for YOU

Information on Social Security and Medicare Benefits presented by a Social Security Administration representative

February 17 10:30 am - 12:30 pm

adult education classes

Watercolor Free Mon 9:00 am

Exercise Free M-Th 8:00 am

Strength Training
Fee: \$1 per class Weds 6:00 pm

Yoga Free Fri 8:00 am
Wed 7:15 pm

Yoga Session Fee: \$25 per semester
Thurs 5:00 pm
Thurs 7:15 pm

Free Older Adult Services

Are You OK?

This program advocates independent living by reassuring participants with a regularly scheduled daily check up call.

Vial of Life

The vial is a magnetized container that adheres to the refrigerator door and is designed to keep personal medical information. It can conveniently be given to emergency medical personnel or taken to the doctor.

Info, Referral and Social Services

Norman Park provides numerous services for seniors and their families through the community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities, health insurance counseling and bereavement support. Staff is available to answer your questions between 10 am and 11:30 am, Mon - Fri. (619) 691-5087.

Senior Net Computer Learning Center

The Computer Learning Center offers seniors the opportunity to learn basic computer skills including surfing the Internet, word processing and more advanced classes including the computer with digital cameras, making greeting cards and sending e-mail. The annual membership fee is \$40 and includes SeniorNet.org. Class fees are \$20 for residents, \$25 for non-residents. A schedule is available at Norman Park or the City's website.

Mark Your Calendar!

Holiday Brunch

December 15 10:30 am

Fee: \$3

Advance ticket purchase required.

Volunteer Recognition Luncheon

January 25 12:00 pm



Enjoy Free Programs and More!

Winter Schedule

For a complete schedule of programs and classes, check the new Calendar of Events on the website at www.chulavistalibrary.com or pick up a copy of the library's quarterly calendar of events.

Civic Center Branch

365 F Street (619) 691-5069

Monday - Thursday 10:00 am - 9:00 pm
Friday, Saturday 10:00 am - 6:00 pm
Sunday 1:00 - 5:00 pm
Dec 26 - 30 10:00 am - 6:00 pm

EastLake Branch

1120 EastLake Parkway (619) 656-0314
Monday - Thursday 3:30 - 8:00 pm
Saturday 10:00 am - 4:00 pm
Friday, Sunday Closed
Dec 24 - Jan 1 Closed

South Chula Vista Branch

389 Orange Avenue (619) 585-5755
Monday - Thursday 10:00 am - 8:00 pm
Friday, Saturday 12:00 - 6:00 pm
Sunday 1:00 - 5:00 pm
Dec 26 - 30 10:00 am - 6:00 pm

Chula Vista Literacy Team

389 Orange Avenue (619) 585-5757
Monday - Thursday 9:00 am - 6:30 pm
Friday 9:00 am - 5:00 pm

On-line Branch

www.chulavistalibrary.com

Open 24/7 includes research databases, e-books and downloadable audiobooks.

Chula Vista Heritage Museum

360 Third Avenue (619) 427-8092
Tuesday, Thursday 2:00 - 5:00 pm

Holiday Schedule

All Chula Vista libraries will be closed on:

Dec 14	Staff Training Day
Dec 23 - 25	Christmas Holiday
Dec 30 - Jan 1	New Year's Holiday
Jan 15	Martin Luther King Jr. Holiday



**You've got homework.
We've got help.**

FREE online help from real tutors.



Chula Vista Public Library

Go to: **www.chulavistalibrary.com**

**Grades 4-12
& College Intro**

- Math
- Science
- English
- Social Studies

Available everyday from 3-10 pm (English)

Sun-Thurs 3-7 pm (Spanish)

Live Homework Help



Free homework help also available

Tuesdays and Thursdays

6:00 - 8:00 pm

Civic Center and South Chula Vista Branches

South Bay Family YMCA



southbay.ymca.org

1201 Paseo Magda
Chula Vista, CA 91910
(619) 421-8805
southbay.ymca.org

Main Facility

1201 Paseo Magda, Chula Vista 91910

Gymnastics Center and Family Sports Complex

2390 Boswell Road, Suite 300
Chula Vista 91914

Teen Center

820 Paseo Ranchero
Chula Vista 91910

Satellite Office

50 Fourth Avenue
Chula Vista 91910

Mission

The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of spirit, mind, and body.

The YMCA Family

The South Bay Family YMCA is an association of people of all ages, ethnic origins, religious affiliations, and socio-economic levels who are unified by a common purpose of strengthening and enriching their mental, physical, and spiritual well-being. The South Bay Family YMCA is a fellowship based on Christian values whose mission is to provide opportunities for growth through programs, services and leadership. We do this by offering programs that:

- Develop the inner strengths and inter-personal skills of youths
- Enhance the health and fitness of children and adults
- Strengthen the family unit
- Enhance cultural diversity
- Enhance the personal lives of young and older adults

Now Open!

- New Gymnastics Center & Family Sports Complex
- New Weight Room
- New Kidz Zone
- New Multi-Purpose Room

YMCA Programs

The YMCA offers a wide variety of programs designed to build strong kids, strong families and strong communities. All of our programs are available to members and participants of all ages.

- Aquatics: swimming lessons, lap swimming, open swim, swim team, and water aerobics
- Family Childcare: before and after school on-site childcare at most Chula Vista Elementary School campuses and Early Enrichment Center
- Day Camps: school break and summer traditional and specialty day camps
- Literacy: helps children enhance their reading ability
- Teens: clubs, camps, events, service projects, sports leagues and social activities
- Fitness: group exercise, strength training and cardiovascular conditioning
- Martial Arts: Tae Kwon Do and Tai Chi
- Dance: ballet, Polynesian, jazz, hip-hop, and fitness-movement
- Gymnastics: lessons, team, tumbling, and competitive cheer team
- Sports: flag football, basketball, soccer, roller hockey, t-ball, golf, volleyball
- Active Older Adults: fitness, educational, and social
- Parent-Child: Adventure Guides
- Volunteers: several opportunities available

For more detailed information and for a free program brochure please call (619) 421-8805 or visit our website at www.southbay.ymca.org.

South Bay Family YMCA

We build strong kids, strong families and strong communities.

Executive Director

Tina Williams

Associate Executive Director

Craig Smith

Department Head

Tony Fajardo

Department Head

Sheri Greene

Department Head

Dalvon Logan

Membership Director

Jason Martinez

Aquatics Director

Johanna Pope

Childcare Director

Wendi Smith

Gymnastics Director

Tina Breen

Program Registration

Leticia Puga

Youth Sports Director

Abbey Smith

Teen Director

Jeremy Jones

Administration Director

Carlos Barba

Financial Assistance

The YMCA welcomes people of all socio-economic backgrounds. Financial assistance is available for those who can demonstrate financial need and proof of residency. Funding is provided through donations to the YMCA. Confidential applications are available at the Courtesy Counter. Please allow three weeks for processing and approval.

Mission Statement:

To enable all young people, especially those who need us most, to reach full potential as productive, caring, responsible citizens.

Programs Offered:

- Small Wonders Preschool
- Before School
- After School
- School Transportation
- Day Camps
- Computer Labs
- Sports
- Karate
- Game Tables / Board Games
- Tournaments
- Life Skills Groups
- Homework Help
- Snacks
- *And more!*



BOYS & GIRLS CLUB

OF CHULA VISTA

A place to go, a place to grow, a place to have fun.

Visit our website at

www.bgccv.net

or call a location listed below.

Oleander Center

Administration Offices, Club Site,
Skate Park

1301 Oleander Avenue
Chula Vista, CA 91911
(619) 421-4011

Lauderbach Center

333 Oxford Street
Chula Vista, CA 91911
(619) 407-4774

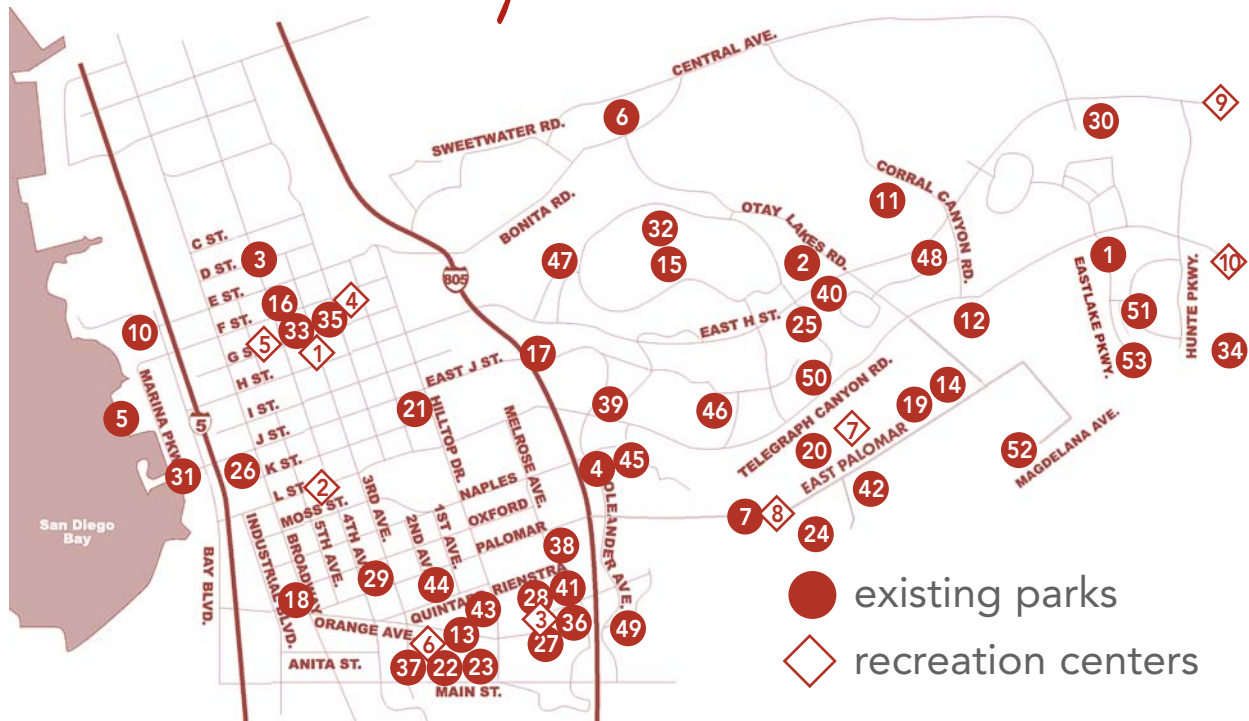
Feaster-Edison Charter School

Membership open to Feaster-Edison
Students only

670 Flower Street
Chula Vista, CA 91910
(619) 421-4011 ext. 17

Skate Park - 55,000 square feet of fun! Visit **www.cvskatepark.com**.

City Parks Map



- existing parks
- ◇ recreation centers

recreation centers

- 1. Chula Vista Woman's Club**
357 G Street (619) 691-5083 (for info)
- 2. Community Youth Center**
465 L Street (619) 691-5276
- 3. Loma Verde Pool**
1420 Loma Lane (619) 691-5081
Loma Verde Recreation Center
1420 Loma Lane (619) 691-5082
- 4. Norman Park Center**
270 F Street (619) 691-5086
- 5. Parkway Community Center**
373 Park Way (619) 691-5083
Parkway Gymnasium
385 Park Way (619) 691-5084
Parkway Pool
385 Park Way (619) 691-5088
- 6. Otay Recreation Center**
3554 Main Street (619) 476-5325
- 7. Heritage Community Center**
1381 East Palomar (619) 421-7032
- 8. Veterans Park Recreation Center**
785 East Palomar (619) 691-5260
- 9. Monteville Recreation Center**
840 Duncan Ranch Road (619) 691-5269
- 10. Salt Creek Recreation Center**
2710 Otay Lakes Road (619) 585-5739

picnic areas

(619) 397-6197

The City of Chula Vista currently has 51 public parks providing a variety of amenities at not cost, such as picnic areas and play equipment. However, an optional picnic reservation is available for Chula Vista Community, Cottonwood, Eucalyptus, Harborside, Harvest, Heritage, Hilltop, MacKenzie Creek, Marisol, Monteville, Mountain Hawk, Rohr, Salt Creek, Santa Venetia, Sunset View, Terra Nova, Veterans and Voyager. Reservations are accepted year-round.

Air jumps are allowed at 24 of our parks and pony rides are allowed at 20. There are large gazebos that can accommodate a maximum of 200 people at Harborside, MacKenzie Creek, Monteville, Mountain Hawk, Rohr, Salt Creek, Sunset View, Terra Nova, Veterans and Voyager parks.

There are several sites that can accommodate a maximum of 100 people. These sites are Cottonwood, Harvest, Heritage, Rohr, Santa Venetia and Veteran parks. There are small sites that can accommodate a maximum of 50 people – Chula Vista Community, Eucalyptus, Hilltop, Marisol, MacKenzie Creek, Monteville, Rohr, Salt Creek, Sunset View and Voyager parks.

Persons who wish to reserve picnic areas can do so at the Public Works Center, 7:00 am - 3:00 pm, Monday-Friday. Reservations must be made 2 business days in advance. NO EXCEPTIONS. However, it is highly recommended you reserve as soon as you have selected your date. Sorry, telephone reservations cannot be accepted. Those wishing the resident rates must show proof of residency, such as a driver's license with the current address listed. If the customer does not have the current address on their license, a current utility bill may be substituted. Full payment must be made at the time the reservation is made (deposit plus reservation fee). We take cash or check only. If you are paying with a check, it must be written by the person reserving – NO EXCEPTIONS.

Areas that are not reserved can be used on a first-come, first-served basis at no charge. It is recommended that reservations be made, especially for weekends.

No keg beer, glass containers or amplified music is allowed in any City of Chula Vista park. A complete set of park rules can be obtained at the Public Works Center, located at 1800 Maxwell Road.

parks and open space

Adopt-A-Park Program

This year, the Public Works Operations Department began the Adopt-A-Park Program for community groups to help keep our parks safe and clean. If your group would like to help, please call Larry Eliason at (619) 397-6013 for more information.

An Open Space Hotline, (619) 397-6016, is available to address open space concerns outside normal business hours. The hotline will record non-emergency open space concerns before 8:00 am or after 5:00 pm and on weekends.

To report and register concerns regarding City Open Space during regular business hours, please call (619) 691-5027. Emergency calls outside regular business hours, 8:00 am - 5:00 pm, Monday through Friday, should be directed to the Police Department at (619) 691-5151. The Police Department will contact staff on emergencies.

City Parks

community park

	acres	amphitheater	barbecue grill	basketball	fitness course	gymnasium	open green space	park shelter/gazebo	picnic area	play equipment	recreation center	restroom facility	shuffleboard	sports field	softball field	swimming pool	tennis courts	air jumps allowed	pony rides allowed	roller hockey/skate park	dog park
1. Chula Vista Community Park, 1060 EastLake Pkwy*	14.9	●					●	●	●	●		●		●	●		●	●	●		
2. Discovery Park, 700 Buena Vista Way	20.4	●					●		●	●		●		●	●			●	●		
3. Eucalyptus Park, Fourth Avenue & C Street*	20.9	●	●				●	●	●	●		●			●		●	●	●		
4. Greg Rogers Park, 1189 Oleander Avenue	42.1	●						●	●	●	●							●	●		
5. J Street Marina/Bayside Park**	21.4	●	●						●	●		●			●			●	●		
6. Rohr Park, 4548 Sweetwater Road*	59.9	●	●				●	●	●	●		●		●	●			●	●		
7. Veterans Park, 785 East Palomar*	12.0	●	●			●	●	●	●	●	●	●		●	●			●	●	●	●
8. Montevalle Park, 840 Duncan Ranch Rd.	29.0	●	●	●		●	●	●	●	●	●	●		●	●		●	●		●	●
9. Salt Creek Park, 2710 Otay Lakes Rd.	24.0	●	●	●		●	●	●	●	●	●	●		●			●	●		●	

neighborhood parks

10. Bay Boulevard Park, F Street & Bay Boulevard	1.5						●		●												
11. Bonita Long Canyon Park, 1745 Coltridge Lane	10.9						●		●	●		●						●	●		
12. Breezewood Park, 1091 Breezewood Dr.	2.5	●					●		●	●											
13. Connoley Park, 1559 Connoley Avenue	0.7		●				●			●								●	●		
14. Cottonwood Park, 1778 East Palomar Street*	6.6	●	●				●	●	●	●		●		●	●			●	●		
15. Explorer Park, Rancho Del Rey Pkwy & Norella St.	5.6		●				●		●	●								●	●		
16. Friendship Park, Fourth Avenue & F Street	4.0								●												
17. Gayle L. McCandliss Park, 415 East J Street	3.1	●							●												
18. Harborside Park, 670 Oxford St.	5.2	●	●				●	●	●	●		●						●		●	
19. Harvest Park, 1550 East Palomar*	6.8	●					●	●	●	●		●		●				●	●		
20. Heritage Park, 1381 Palomar Street*	10.1	●	●	●			●	●	●	●	●	●						●	●	●	
21. Hilltop Park, 780 Hilltop Drive*	9.3	●					●	●	●	●		●						●			
22. Holiday Estates I, 27 Connoley Circle	0.2						●														
23. Holiday Estates II, 1637 Connoley Avenue	0.2						●														
24. Horizon Park, 970 E. Palomar St.	5.3	●	●				●	●	●	●		●		●							
25. Independence Park, 1248 Calle Santiago	12.8						●														
25. Lancerlot, 750 K Street	0.1									●											
27. Lauderbach Park, 333 Oxford Street	3.9	●	●				●		●												
28. Loma Verde Park, 1420 Loma Lane	6.2						●			●	●					●					
29. Los Niños Park, 150 Teal Street	5.1	●	●				●	●	●	●		●						●	●		
30. MacKenzie Creek Park, 2275 MacKenzie Creed Rd.*	6.8	●	●				●	●	●	●		●						●	●	●	
31. Marina View Park, 900 Marina View Parkway**	4.5	●					●	●				●									
32. Marisol Park, 916 Rancho Del Rey Parkway*	5.0	●					●	●	●	●		●						●	●	●	
33. Memorial Park, 373 Park Way	7.8	●				●	●			●	●	●				●					
34. Mountain Hawk Park, 1475 Lake Crest Dr.	12.0	●	●				●	●	●	●		●									
35. Norman Park, 270 F Street	1.5						●		●				●								
36. Orange Avenue Fields, 160 East Orange Avenue	4.0						●								●						
37. Otay Park, 1613 Albany Avenue	4.2	●					●		●	●		●		●				●	●		
38. Palomar Park, 1359 Park Drive	2.7	●					●	●	●	●											
39. Paseo Del Rey Park, 750 Paseo Del Rey	9.0	●					●		●	●											
40. Rancho Del Rey Park, 1131 Buena Vista Way	9.2						●		●	●								●			
41. Rienstra Ballfields, 1500 Max Avenue	7.1						●								●						
42. Santa Cora Park, 1365 Santa Cora	5.7	●	●				●		●	●								●			
43. SDG&E Park, 1450 Hilltop Drive	20.0	●	●				●	●	●	●								●	●		
44. Sherwood Park, 69 Sherwood Street	0.3						●														
45. Sunbow Park, 690 East Naples Street	3.7						●		●	●								●			
46. Sunridge Park, 952 Beechglenn	6.6		●				●		●	●				●				●	●		
47. Terra Nova Park, 450 Hidden Vista Drive*	17.0	●	●				●	●	●	●		●		●	●		●	●	●		
48. Tiffany Park, 1713 Elmhurst Avenue	5.3						●		●	●											
49. Valle Lindo Park, 545 Sequoia Drive	4.3						●		●	●											
50. Voyager Park, 1178 East J Street*	11.2	●	●				●	●	●	●		●		●				●	●		
51. Sunset View Park, 1390 South Greenview Drive*	11.2	●	●				●	●	●	●		●		●				●	●	●	
52. Santa Venetia Park, 1500 Magdelana*	7.0	●					●	●	●	●		●		●	●			●	●	●	
53. Windingwalk Park, 1675 Exploration St. Coming Soon	7.1	●	●				●	●	●	●		●		●			●			●	

**Reservations & Information from Port of San Diego (619) 686-6200 City Parks

*Rental Reservations Available

Registration Form

FILL OUT COMPLETELY. PLEASE PRINT

ADULT LAST NAME _____ FIRST _____ MI _____

Address _____ City _____ Zip _____

Home Phone _____ Business Phone _____

E-mail (if you desire to receive Recreation Department program information): _____

How did you learn about our programs? (Please select one)

☐ Recreation brochure ☐ City Website ☐ City employee ☐ Friend ☐ Newspaper ☐ Flyer ☐ Repeat Customer ☐ Other

- Does the participant need special accommodations for a successful experience?
A two-week advanced notice is required (Check Y or N), below



PARTICIPANT INFORMATION. PLEASE PRINT

Class #	Swim Sess.	Class Title	Participant's Last Name	First Name	MI	Sex	Date of Birth	Fee	Y* N*

Please choose classes carefully, the NO REFUND Policy will be followed.

TOTAL FEES DUE \$

Returned Checks: There will be a minimum service charge of \$25 on all checks returned from the bank.

READ, SIGN AND DATE WAIVER BELOW. Unsigned waivers will cause your registration to be returned unprocessed.

ACCIDENT WAIVER AND RELEASE OF LIABILITY (AWRL)

I _____ (REGISTRANT) and I _____ *(REGISTRANTS parent or guardian), acknowledge that this activity may be an extreme test of REGISTRANT's physical and mental limits and that it could result in death, injury and property loss. Risks may derive from terrain, facilities, water conditions, weather, condition of equipment, vehicular traffic, actions of others, lack of hydration, as well as other sources. I hereby assume all risks of REGISTRANT's involvement in this activity. I certify that REGISTRANT is physically fit, has sufficiently trained for participation in this activity and has not been advised otherwise by a qualified medical person. I acknowledge that this AWRL form will be used the the city of Chula Vista and the activity holders, sponsors and organizers, in which REGISTRANT may participate and that it will govern REGISTRANT's actions and responsibilities at said activities. In consideration of REGISTRANT being permitted to participate in this activity, and on behalf of myself, my executors, administrators, heirs, successors and assigns, I hereby (A) WAIVE, RELEASE AND DISCHARGE FROM LIABILITY The City of chula Vista and its directors, officers, employees, volunteers, representatives and agents, and the activity holders, sponsors, directors and volunteers, for the death, injury or property loss or damage of REGISTRANT or actions of any kind which my accrue to me as a result of REGISTRANT's participation in this activity; and (B) agree to INDEMNIFY AND HOLD HARMLESS the above-mentioned entities or persons from any and all liabilities or claims made by other individuals or entities as a result of any of REGISTRANT's actions during this activity except for those claims arising from the sole negligent or willful conduct of The City of Chula Vista or its agents. I hereby consent to the administering of medical treatment to REGISTRANT if deemed advisable in the event of injury, accident and/or illness during this activity. I understand that all this activity or related activities, REGISTRANT may be photographed. I agree to allow REGISTRANT's photo, video, or film likeness to be used for any legitimate purpose by the event holders, sponsors, directors and their agents or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and understand its content. I further certify that I am the parent or guardian of the above-named participant and that I will hold each of the above-named individuals and entities, harmless and indemnify each in the event of any loss whatsoever due to a defect in my legal capacity.

CODE OF CONDUCT FOR ALL PARTICIPANTS: By submitting this application, you, for yourself or on behalf of your minor child, agree to abide by the policies and conditions of the City of Chula Vista Recreation Department "Code of Conduct." (For a complete Code of Conduct policy, see our website www.chulavista.gov/rec on the "About Us" page or the current quarterly City program and Recreation Class Brochure.)

REGISTRANT's Parent of Guardian's Signature _____ Date _____

*If the participant is under 18 years of age or legally incapacitated, the parent or guardian must also sign.

Make checks payable to "CITY OF CHULA VISTA" *Individuals who do not reside within the city limits of Chula Vista must pay the Non-Resident fee listed for each class.

Failure to send correct amount could result in delay or denial of your priority class.

Send your registration to the Recreation Department for all recreational classes. Be sure to indicate session number for all swimming classes.

RECREATIONAL CLASSES

City of Chula Vista Recreation Department, 276 Fourth Avenue, Chula Vista, CA 91910Attn: Jimmy Tollefson (Mail Stop R-107)

FOR OFFICE USE ONLY: Amount Enclosed \$ _____ CK/MO# _____ Bank # _____ City Receipt # _____

Registration Information

Walk-In Registration

December 4, 2006 - January 13, 2007

Walk-in registration for Winter classes will be taken on a first come, first served, space-available basis, beginning the last week of the Fall session. Register Monday - Friday from 3 - 7 pm, and Saturday from 12 - 3:30 pm at the Chula Vista Community Youth Center, Heritage Park Center, Loma Verde Recreation Center, Monteville Recreation Center, Otay Recreation Center, Parkway Community Center, Salt Creek Recreation Center, and Veterans Park Recreation Center. Registration will be taken at all facilities for any class, regardless of its meeting location. Those registering will be asked to complete the registration form and provide payment in the preferred form of check or money order. Cash in the exact amount will also be accepted. Please note, on the first day of registration, December 4, all Recreation Centers will begin registration at 2 pm.

Financial Assistance

November 27 - December 22

Recreation Class Applications are available starting November 27 at all Recreation Centers. A minimum of three working days is required to review application after which applicants will be notified. All Financial Assistance applicants will be required to participate in walk-in registration December 4, 2006 - January 13, 2007 and will not be registered in classes until fee balance has been paid. Swimming Classes and Camp Applications are available at Recreation centers, pools, and Parkway Gymnasium, and must be submitted no later than 14 days prior to the start of the class, camp, or activity. Applicants for these activities will not be registered until the balance of fees has been paid. More detailed information is contained on the Financial Assistance Application Forms.

Online Registration

Begins December 4

The Recreation Department is continuing an online registration process for the Fall session.

Go to www.chulavistaca.gov/rec and link to online registration. Please note: A nominal, non-refundable fee is charged in addition to the class fee for the online service provided by a registration vendor. Questions? Call (619) 691-5083 for additional information.

Mail-In Registration

December 4 - 22

- The Registration Form is to be used only for the Recreation Department classes listed on pages 4-29 of this brochure.
- Do not combine with registrations for any other program or agency (youth sports, YMCA, Boys & Girls Club).
- Registration will be accepted by mail on the dates listed, on a first received, first processed, space-available basis.
- Print and fill out form completely.
- Register for classes at the locations where those specific classes will be held.
- Applications postmarked before December 4 will be returned unprocessed.
- Send a check or money order for the total payment due payable to "City of Chula Vista."
- Separate checks for each recreation class are not required. Bankcards will not be accepted for walk-in or mail-in registration. Do not send cash.
- Individuals who do not live within the city limits of Chula Vista will be required to pay the nonresident fee listed for each class. Proof of residency may be required.
- Mail to: City of Chula Vista Recreation Dept.
Attn: Jimmy Tollefson, MS R-107
276 Fourth Avenue,
Chula Vista, CA 91910

Cancellations

A minimum number of participants is required to hold class. The Recreation Department reserves the right to cancel any class when enrollment is low. To help assure that classes have the required number of participants, please register early. An automatic refund will be issued if the department cancels a class.

Refunds and Transfers

Refunds are not issued unless classes are cancelled. Refunds will be processed and mailed approximately 3-4 weeks after classes begin. Transfers and/or credits may be approved under certain limited conditions. Online registration processing fee is non-refundable.

Want to Teach a Class?

The Recreation Department is always searching for qualified instructors to teach new or existing classes. If you are interested in being a contractual instructor, contact the corresponding center supervisor.

Community Youth Center

Jimmy Tollefson (619) 691-5276

Heritage Park Community Center

Tony Ramos (619) 421-7032

Loma Verde Recreation Center

Sandy Chavez (619) 691-5082

Norman Park Senior Center

Karen Harvell (619) 691-5086

Monteville Recreation Center

Shaun Ellis (619) 585-5680

Otay Recreation Center

Michelle Castagnola (619) 476-5325

Parkway Community Center

Frank Carson (619) 691-5140

Salt Creek Recreation Center

Steve Scott (619) 585-5653

Therapeutic Programs

Carmel Wilson (619) 409-5800

Veterans Park Recreation Center

Victoria Tom (619) 691-5260

NOTE: Fees for classes DO NOT include any additional supply or material costs that may be required. See class description in this brochure for supply/material fees.